



THE  
DANCE  
CLINIC  
HIGHETT PODIATRY



FLEXOR HALLUCIS  
TENDINOPATHY



# FLEXOR HALLUCIS TENDINOPATHY

## Cause

A condition where pain presents around the back or inner side of the ankle due to the FHL tendon compressing and becoming trapped. It tends to be worsened with increased plantar flexion and overuse of the FHL by crumpling of the toes in tendue.

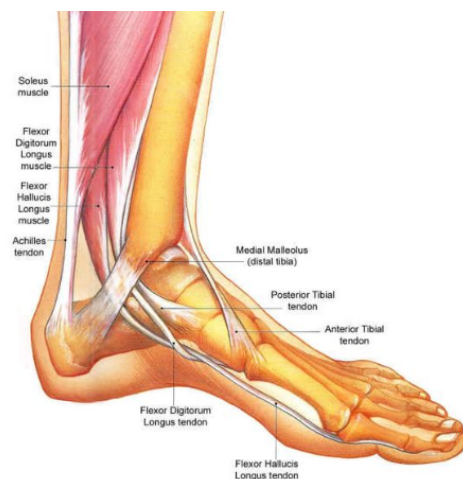
## Symptoms

In some cases the dancer may feel a 'clicking' or 'catching' sensation when pointing the toe as the tendon can become so inflamed that it no longer passes smoothly through the tarsal tunnel. This condition can be referred to as 'trigger toe' due to the presentation of symptoms.

## Treatment

Treatment for FHL tendinopathy focuses on reducing the inflammation within the tendon to allow it to move more smoothly and freely. This can involve a range of the following treatments depending on the severity of the case:

- RICE
- NSAIDS's (anti-inflammatories)
- Taping
- Soft tissue therapy including massage and dry needling
- Technique retraining to reduce pressure on the FHL
- Orthotics
- Surgery



The information in this resource is general in nature and is only intended to provide a summary of the subject matter covered. It is not a substitute for medical advice and you should always consult a trained professional practising in the area of medicine in relation to any injury or condition. You use or rely on information in this resource at your own risk and no party involved in the production of this resource accepts any responsibility for the information contained within it or your use of that information.