Turf Toe

**Definition**
Turf toe is the strain or tearing of the ligaments located underneath the toe.

**Causes**
Turf toe is caused by a severe upward bending of the big toe. This injury commonly occurs on artificial surfaces, which is how it got the name turf toe. Turf toe is prevalent in football, soccer and basketball.

**Symptoms**
- Pain
- Swelling
- Tenderness at the joint of big toe

Pain will increase as the big toe is pulled or stretched upward.

**First Aid**
Turf toe should be treated with:
- Ice
- Compression bandages and a protective brace
- Pain relievers such as non-steroidal anti-inflammatory drugs (such as ibuprofen)
- Rest and take weight off the toe.

Do NOT play again until you have been evaluated and treated. Some people may need crutches to walk, to take weight off of the big toe, until the swelling and pain have improved. Others with less severe pain may choose to brace or wrap the big toe for additional support.

**Seek a Medical Professional to:**
- X-ray toe to check for fractures
- Tape/brace toe to prevent unwanted movement
- Advise treatment and rehabilitation

For more information, or to contact one of our Sports Medicine Outreach Liaisons, email us at SportsMedicine@AMITAhealth.org or call us at 224.273.2416

AMITAhealth.org/SportsMedicine
The AMITA Health Orthopedics Institute is a national leader in musculoskeletal care, offering comprehensive and advanced care for a wide range of conditions. We are proactive about keeping you active. That is why our multi-disciplinary orthopedic teams enlist a comprehensive leading edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries.

Our team of highly-experienced board-certified physicians, surgeons, therapists and nurses are dedicated to providing patients of all ages with a personalized treatment program that is customized for your condition, lifestyle and personal preferences.

We work hard to prevent sports-related injuries, which have become increasingly more common among athletes, especially children. AMITA Health Sports Medicine Outreach Liaisons keep kids active and participating in the extracurricular activities they enjoy by delivering educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic care.

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