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Case report

**Turf Toe in a Taekwondo Player: Case Report**Namik Sahin<sup>1</sup>, Teoman Atici<sup>1</sup>, Sadik M. Bilgen<sup>2</sup>, Omer F. Bilgen<sup>3</sup>[More Information >>](#)

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**ABSTRACT**

Metatarsophalangeal joint injuries of great toe termed as "turf toe" can occur in many sportive activities. However, it has not been reported before in taekwondo players. These injuries may result in significant morbidity. Turf toe injuries, which are mainly treated with conservative methods, occasionally require surgery. In this case report, we present a surgically treated turf toe in a taekwondo player.

**Key words:** Turf toe, taekwondo, treatment, surgery**Key Points**

- MTP joint injury may occur when the joint is forced into hyperextension repeatedly if the exercise is being performed bare foot on hard and artificial surfaces.
- Surgery should be taken into consideration as a choice of treatment of Turf Toe.

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