Hallux valgus and cartilage degeneration in the first metatarsophalangeal joint

This study relates the extent of cartilage lesions within the first metatarsophalangeal joint to hallux valgus.

We prospectively examined 265 first metatarsophalangeal joints of 196 patients with a mean age of 54.2 years at operation for the existence of cartilage lesions.

Grade I lesions were found in 41 feet (15.5%), grade II in 82 (30.9%), grade III in 51 (19.3%), grade IV in 20 (7.5%). Only 71 (26.8%) showed no cartilage lesion. Cartilage lesions were found within the metatarsosesamoid and metatarsophalangeal compartments in 66 feet (34.0%), within the metatarsophalangeal compartment in 26 (13.4%) and within the metatarsosesamoid compartment in 102 (52.6%). A statistically significant correlation was found between the grade of cartilage lesion and the hallux valgus angle, both for the changes within the metatarsophalangeal and the metatarsosesamoid joints.

Hallux valgus is common. It consists of lateral deviation of the hallux relative to the first metatarsal and progressive subluxation of the first metatarsophalangeal joint.

With progression of hallux valgus, clinical and radiological signs of osteoarthritis develop due to the increasing incongruity of the joint surfaces. As the sesamoids remain in place while the distal aspect of the first metatarsal displaces medially with progressive deformity, the metatarsosesamoid joint also shows incongruity. Cartilaginous thinning and erosion, joint space narrowing and marginal proliferation of bone occur. These cartilage lesions are often neglected.

Cartilage lesions are well documented in various other joints of the lower extremity. Osteoarthritis of the first metatarsophalangeal joint is usually related to hallux rigidus. There are only a few reports on cartilage degeneration in the first metatarsophalangeal joint without symptoms related to hallux rigidus. Although osteoarthritis has been mentioned as a contraindication to joint preserving surgical procedures for the correction of hallux valgus, no report has been found of the incidence and extent of cartilage lesions within the first metatarsophalangeal joint. At operation no account is taken of the intra-operative grade of chondral lesion. This is why we carried out this study.

Patients and Methods
We prospectively examined 265 feet of 196 patients who were awaiting surgical correction of hallux valgus between 1998 and 2001. The series included 239 feet of 178 women and 26 feet of 18 men. The mean age at the time of surgery was 54.2 years (23 to 80). The symptoms were pain over the medial eminence and pressure from footwear. Surgery was proposed after failure of adequate non-operative treatment including wide shoes, inserts, orthoses and non-steroidal anti-inflammatory medication.

Every patient was assessed with regard to both the hind- and forefoot. The range of movement of the first metatarsophalangeal joint was more than 40˚ dorsiflexion in all patients.

Exclusion criteria included any prior surgery or trauma to the first metatarsophalangeal joint or foot, and typical symptoms of hallux rigidus such as pain with movement and limited dorsiflexion, peripheral vascular disease and metabolic or endocrine disorders which could affect the articular cartilage.
Pre-operative anteroposterior and lateral radiographs of the feet were taken with the patient weight-bearing. The degree of radiological osteoarthritic change was determined by a single experienced radiologist according to a modified Kellgren-Lawrence scale\(^5\) as follows: grade 0 = normal; grade 1 = mild osteophytic lipping, no sclerosis; grade 2 = moderate osteophytic lipping with or without osteophytic lipping; grade 3 = multiple osteophytic lipping, some sclerosis, and possible deformity of bone contour; grade 4 = severe osteophytes, sclerosis and deformity of the bony contour. Measurement of the alignment of the forefoot was performed according to the guidelines accepted by the American Orthopaedic Foot and Ankle Society.\(^9,10,11\)

Joint preserving procedures were performed in all patients. A longitudinal midline skin incision was made on the medial side of the first metatarsophalangeal joint.

The joint capsule and the medial collateral ligament of the first metatarsophalangeal joint were incised horizontally and the articular cartilage exposed. The cartilage lesions on the metatarsal head were noted and graded according to the International Cartilage Repair Society\(^12\) (ICRS) as follows (Fig. 1): grade 0 = normal; grade I = nearly normal, superficial lesions, soft indentation and/or superficial fissures and cracks; grade II = abnormal, lesions extending down to <50% of cartilage depth; grade III = severely abnormal, cartilage defects extending down >50% of cartilage depth as well as down to the calcified layer and to but not through the subchondral bone; grade IV = severely abnormal, cartilage defect extending through the subchondral bone. Three different zones were differentiated: metatarsal head articulating with the proximal phalanx (metatarsophalangeal compartment), metatarsal head articulating with the medial sesamoid bone and metatarsal head articulating with the lateral sesamoid bone (metatarsosesamoid compartments). The medial and lateral metatarsosesamoid joints together and the metatarsophalangeal compartment each contributed 50% of the cartilage surface.

The data were analysed for correlation of grade and localisation of the cartilage lesion and hallux valgus angle and the first intermetatarsal angle by Spearman’s correlation test, paired student’s \(t\)-test and linear regression (Statview 5.5; SAS Institute Inc, Cary, North Carolina). The level of statistical significance was set at \(p < 0.05\).

**Results**

The hallux valgus angle and the mean intermetatarsal angle was 29.4˚ (15 to 60) and 13.5˚ (10 to 25) respectively preoperatively.

Of the 265 feet examined for cartilage lesions, 71 (26.8%) did not have any lesion, 41 (15.5%) had a maximum grade I lesion, 82 (30.9%) a maximum grade II lesion, 51 (19.3%) a maximum grade III lesion and 20 feet (7.5%)
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In 93 feet (35.1%) cartilage lesions were found on the head of the first metatarsal within the metatarsophalangeal compartment, in 166 (62.6%) lesions were found on the metatarsal head within the medial metatarsosesamoid compartment and in 155 (58.5%) they were on the metatarsal head within the lateral metatarsosesamoid compartment. In the metatarsosesamoid joint (170 feet), lesions were found concomitantly in the medial and lateral sides in 151 feet (88.8%), medially in 15 (8.8%) and laterally in four (2.4%).

Of the 194 feet with cartilage lesions, 102 (52.6%) had a lesion within the metatarsosesamoid compartment, 26 (13.4%) within the metatarsophalangeal compartment and 66 (34.0%) in both zones.

The mean maximum grade of cartilage lesion did not show a statistically significant difference in the three compartments with a mean of 2.18 within the metatarsophalangeal compartment, 2.18 in the medial metatarsosesamoid compartment and 2.16 in the lateral metatarsosesamoid compartment (p > 0.05).

Spearman’s correlation test showed a statistically significant correlation between the maximum chondral lesion grade and the hallux valgus angle (p < 0.001, r = 0.03) (Fig. 3). The higher the hallux valgus angle the higher the grade of cartilage lesion. If grades of cartilage lesion of the different compartments in one joint were added, a highly statistically significant correlation was found for the sum of cartilage lesions and the hallux valgus angle (p < 0.001, r = 0.047) and for the intermetatarsal angle (p < 0.0001, r = 0.075).

For a hallux valgus angle less than 25˚ the mean maximum grade of cartilage lesion was 1.16, 1.43 for an angle between 25˚ and 30˚; 2.03 for an angle between 31˚ and 35˚; 2.10 for an angle between 36˚ and 40˚; and 2.55 for an angle greater than 40˚ (Figs 4 and 5, Table I).
at grade III and 1 (0.4%) at grade IV (Fig. 5). Compared with the intra-operative grading on the ICRS\textsuperscript{12} score 144 feet (54.3%) had a lower radiological than intra-operative score, 92 (34.7%) had an equal score and 29 (11.0%) a higher radiological than intra-operative score (Fig. 6).

**Discussion**

Only 26% of all joints did not show any cartilage lesion within the joint, and approximately 60% of all feet revealed lesions of grade II or higher. Cartilage lesions of grade II and III were the most frequent (Fig. 2).

Unger et al\textsuperscript{6} did not find any metatarsal heads without a cartilage lesion. There were 18.2% with grade I, 33.3% with grade II, 35.4% with grade III and 13.1% with grade IV lesions. They used a similar classification system to ours. These results are not directly comparable as Unger et al\textsuperscript{6} performed a cadaver study and the mean age, 73.6 years for the post-operative Kitaoka et al\textsuperscript{17} reported that in 81 feet (74%) of their series no osteoarthritis was diagnosed pre-operatively. He does not give any information about the remaining joints.

Until now no correlation has been drawn between the extent of cartilage lesion and the possible influence on the outcome of hallux valgus surgery. Therefore it is important to have an idea of the incidence of cartilage defects in order to evaluate its influence. Kristen et al\textsuperscript{18} described a correlation between a higher pre-operative hallux valgus angle and the post-operative Kitaoka et al\textsuperscript{17} score. The higher the pre-operative hallux valgus angle, the lower the post-operative score. The authors could not give any explanation for this trend. The answer to this question might lie with the higher probability for cartilage lesions with a greater hallux valgus angle, as shown in this study, or a higher age range and thus a worse post-operative result. Further studies are required for clarification.

There were more cartilage lesions within the metatarsal sesamoid compartment than within the metatarsophalangeal compartment. The degree and extent of cartilage lesions are clearly correlated with the degree of hallux valgus angle proving that a malaligned joint is more prone to cartilage degeneration.
These results provide further evidence of a possible effect of cartilage degeneration on the outcome of hallux valgus surgery.

The effects of metatarsal osteotomy on the first metatarsophalangeal joint may be similar to those of tibial osteotomy on the knee.

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References