RESULTS

Total cohort 766 patients; 80.4% female and 19.6% male

Leading diagnoses: sesamoditis (63.1%), sesamoid stress fracture (16.8%), sesamoid stress reaction (15.0%)

Mean time to first clinic visit (days) = 126.4 ± 223.5, 95%CI: 103.1 – 149.8

Mean time to return to sports (days) = 236.0 ± 280.4 (95%CI: 206.7 – 265.4)

Imaging Modalities: X-ray (63.3%), MRI (45.7%), CT scan (13.8%)

Treatment: air cast boot (41.9%), PT (34.5%), activity modification (14.5%)

CONCLUSIONS

- Sesamoid injuries differed by sex with the majority of patients being female dancers, running, and soccer athletes
- Time to medical attention was often delayed ~ 4 months
- Time to return to sport was ~ 8 months on average
- Sesamoid injuries appear to be overuse in nature possibly related to biomechanical load of sport/activity
- Education is needed to improve time to evaluation and treatment in order to decrease time loss from sport/activity in young athletes with sesamoid injuries