

## Isolated Plantar Dislocation of the Fifth Metatarsophalangeal Joint: Is Closed Reduction Always Successful?

Abderrafia Rachdi\*, Ahmed Hicham Benomar, Youssef Benyass, Jalal Boukhris and Bouchaib Chafry

Department of Orthopedic Trauma, Mohamed V Military Hospital, University Mohamed V – Souissi Rabat, Morocco

\*Corresponding author: Abderrafia Rachdi, Department of Orthopedic Trauma, Mohamed V Military Hospital, University Mohamed V – Souissi Rabat, Morocco. E-mail: [abdo.rachdi.ar@gmail.com](mailto:abdo.rachdi.ar@gmail.com)

Received: January 25, 2025; Accepted: February 06, 2025; Published: February 15, 2025



**Figure 1:** standard radiograph showing isolated dislocation of the fifth metatarsophalangeal joint.



**Figure 2:** Peroperative x-ray showing reduction of the dislocation.

### **Clinical Image**

A 27-year-old woman presented to our field hospital with a right foot trauma sustained after slipping while running on muddy terrain. Clinical examination revealed shortening and swelling of the right fifth toe, with palpable deformation of the fifth metatarsophalangeal joint. There was no skin laceration or sensorimotor deficit. Standard radiography revealed an isolated lateral plantar dislocation of the fifth metatarsophalangeal joint. Closed reduction was attempted with success. Post-reduction examination showed the joint was stable and the patient experienced pain relief.

In dislocation injuries of the fifth metatarsophalangeal joint, the direction of the dislocation is most frequently dorsal [1]. In rare cases, the dislocation takes place in a plantar direction, secondary to forced hyperflexion [2].

### **REFERENCES**

1. Hynes D, D'Souza LG, Stephens M. Irreducible dislocation of the fifth meta tarsophalangeal joint: a case report. *Foot Ankle Int.* 1994; 15: 625-626.
2. Stephenson KA, Beck TL, Richardson EG. Plantar dislocation of the meta tarsophalangeal joint: case report. *Foot Ankle Int.* 1994; 15: 446-449.