

This is a common finding and a simple “cure” in 90 seconds. These Jones’ points are demonstrated in our workshops to be held in Glasgow, Preston campus of the Lancashire University and London in August and September 2005. See this website for more information. Thank you for reading this.

Regards,

Dr. Paul Conneely 30/4/2005.

### **Sesamoid Bone: Jones' Tender Point.**

Very often the sesamoid bones of the great toe are very tender to light palpation, (lateral more often than the medial) or the first joint is stuck and cannot be moved.

Here the use of Jones’ technique is of great value.

#### **To correct the sesamoid bone.**

1. Lie your patient supine with their foot near the end of the bed
2. Grasp foot with your left hand in a manner that allows you to monitor the Jones’ point with your thumb
3. Using the right hand, grasp the terminal phalanx and
  - a. Gently compress the toe sesamoid
  - b. apply a medial or lateral rotation to the toe, what ever is needed to turn the painful point off
  - c. apply the 90 second rule and then recheck.

Very often an immobile great toe is suddenly easily mobilised and the painful sesamoid has gone (or almost gone).

This must be looked at in all rear end collision patients.

