

SB1

MARVELS & MALADIES **MIGHTY HALLUX**

13th November, 2023
Thong Nhat Dong Nai
General Hospital, VN

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Disclaimer: For educational purposes only.

Slide 1

SB1

Dear colleague, my early morning motivation is to work with such an esteemed professional like you. I'd like to thank you for spend the time with me this morning. My goal give your "Bang for your Bucks"

In the next 90 min then we would have about 30 min for share tips and specific exercises to help our clients/patients

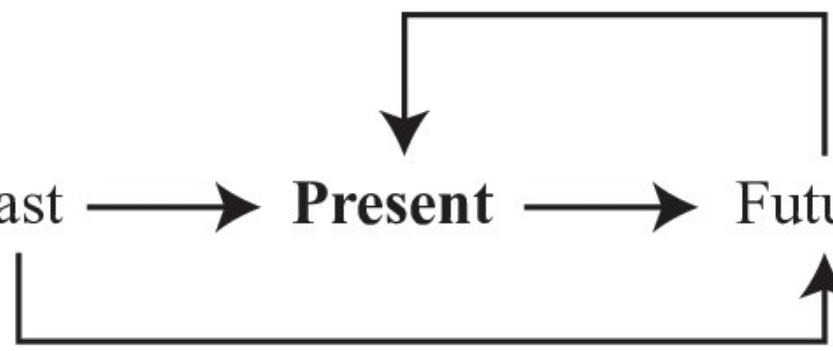
Stephen Bui, 7/20/2023

Kiptum Vs. Kipchoge's record





Sport Medicine ---> Past → Present → Future



Leonardo Da Vinci The Complete Works

Marvelous Big Toe



courtesy of www.leonardoda-vinci.org

Marvels: Facts on Hallux

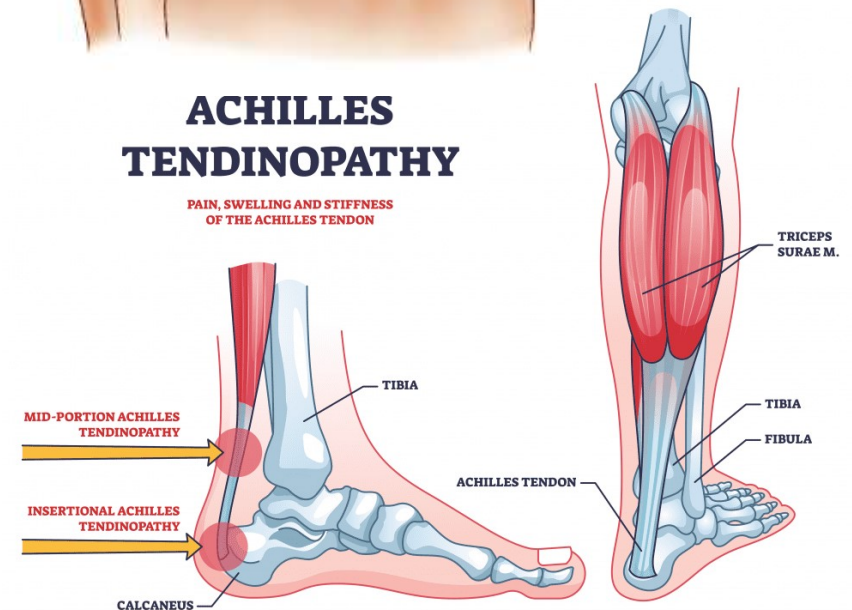
- Balance
- Proprioception
- Propulsion

- Correlations:
 - Bunions
 - Plantar Fasciitis
 - Achilles Tendinitis



ACHILLES TENDINOPATHY

PAIN, SWELLING AND STIFFNESS OF THE ACHILLES TENDON



Asian Federation of Foot & Ankle Surgeons
October 11-12, 2019
Bangkok, Thailand



CLINICAL INNOVATIONS IN PAIN MANAGEMENT

Healing Heel Pain

Podiatrist Stephen Bui designed a device that makes it fast and easy to stretch and strengthen the foot, ankle and calf.

BY ANDREA LIPONE

Stephen Bui, DPM, doesn't think of himself as an inventor. "I'm a problem-solver," Dr. Bui says. And the problem he set out to solve in 2017 is heel pain, what he and many other podiatrists say is the main complaint they hear from their patients. (See "Fast Facts About Plantar Fasciitis" on page 158)

"I'm an athlete," Dr. Bui says, "and I suffer from Achilles tendinitis. I tried the exercise plan I give to my patients for plantar fasciitis—it takes 30 minutes or so—and I couldn't do it regularly. I realized I was setting my patients up for failure. If I couldn't do it how could I expect my patients to make the time? It took me more than six months to get better. During that time, I looked at the market to see if there was a solution—something patients might do twice a week rather than once a week. I didn't find anything, and that's when



Dr. Stephen Bui

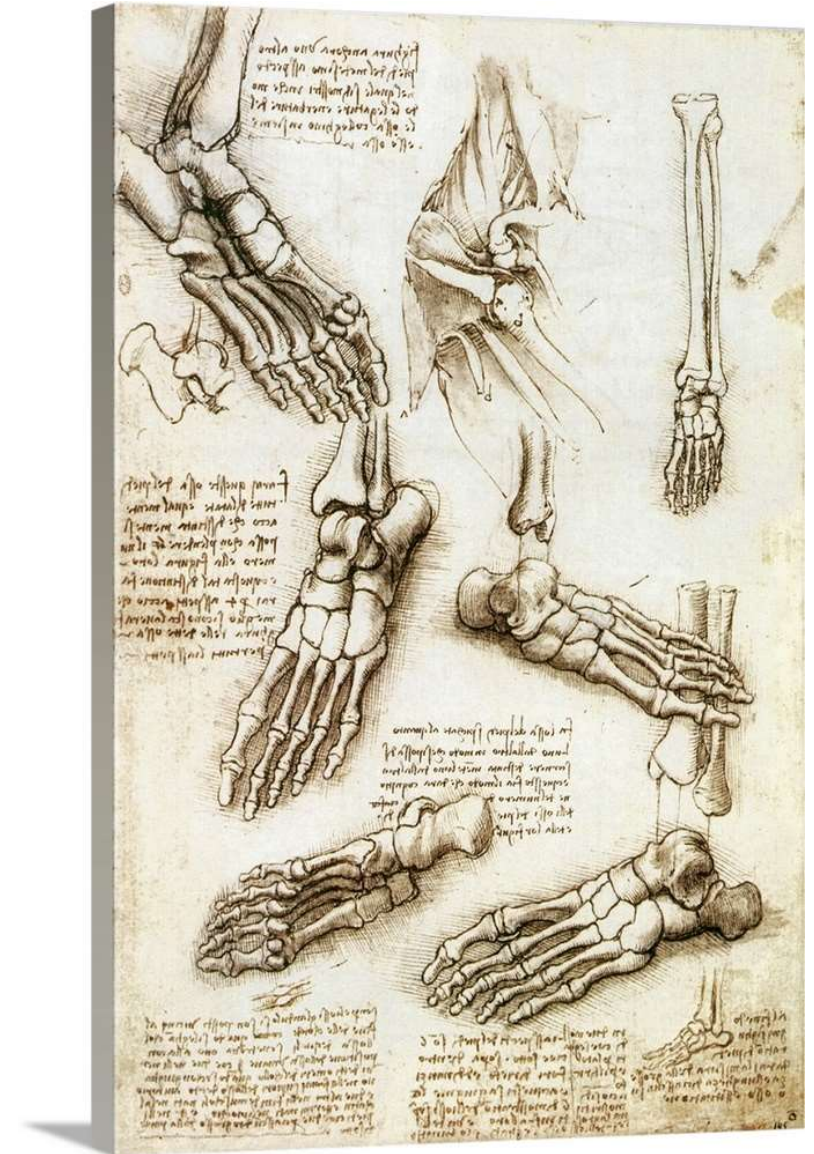
the sports expo in Germany. "It made sense to work with the company," Dr. Bui says. He worked together mostly online through social media, and I went to Finland several times a week at a time," he says. "We launched the device HighHealer "because it will help patients take a positive approach and enjoy the benefits."

The next step was to raise money to launch the HighHealer. For that, he turned to social media.

"I had to design a device that combined all the modalities into one."

Anatomy & Biomechanics

- **BONES**
- Muscles
- Joints
- Nerves



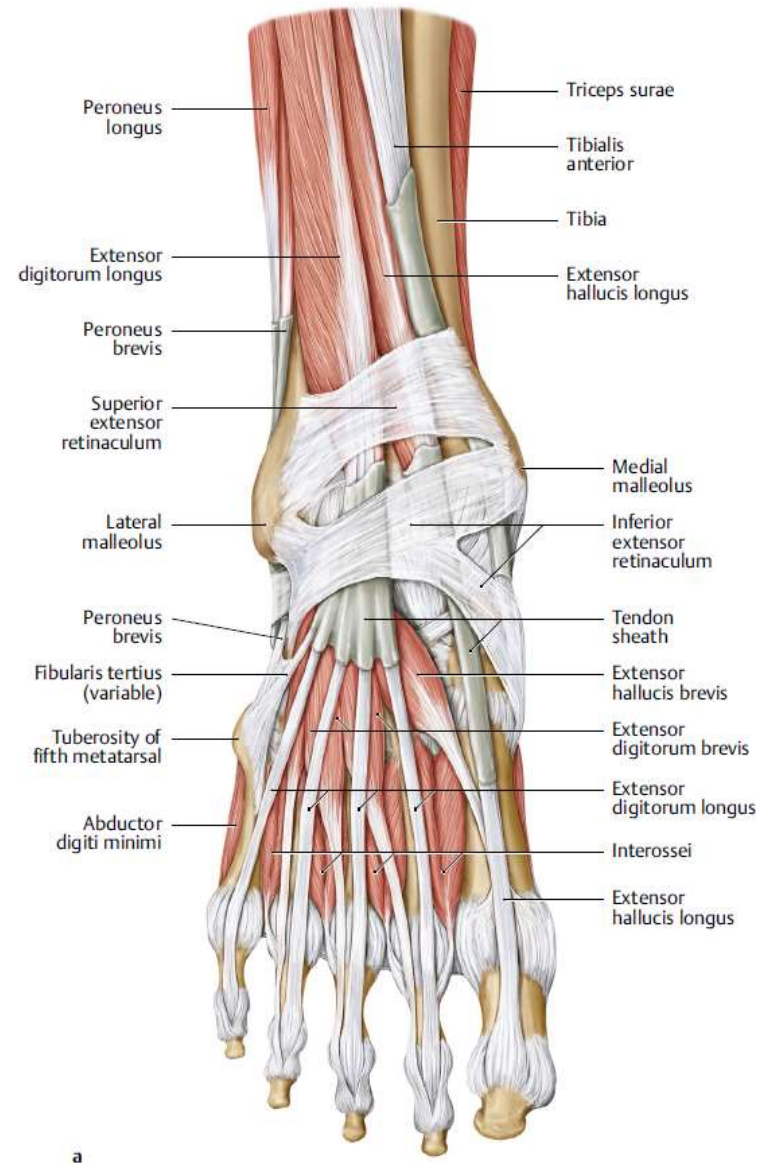
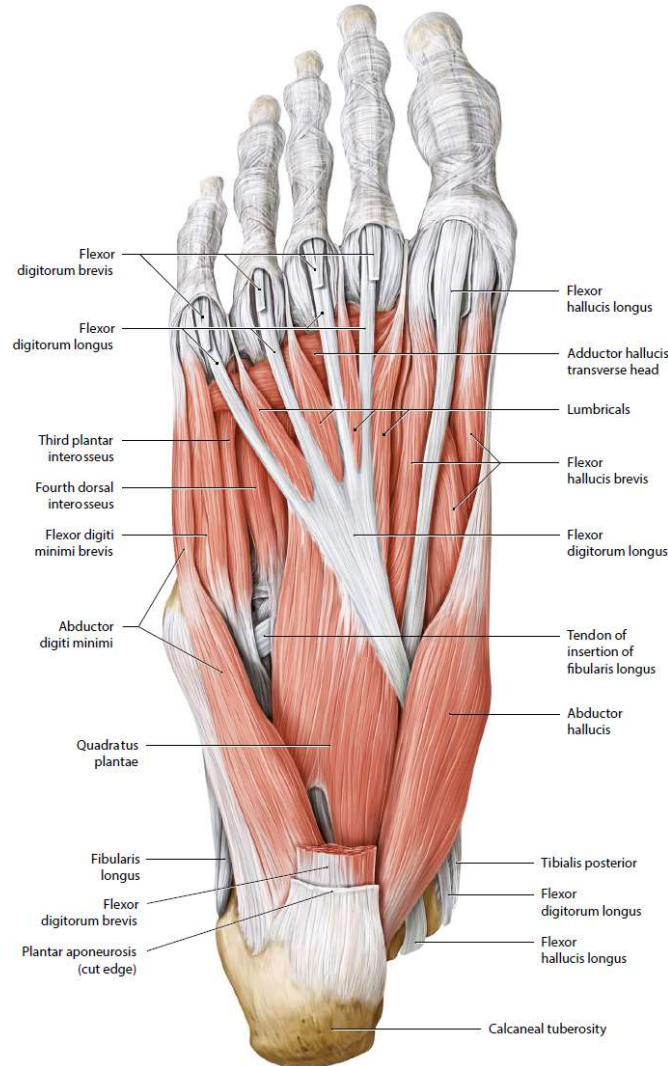
Anatomy & Biomechanics

- Bones
- **MUSCLES**
- Joints
- Nerves



Anatomy & Biomechanics

- Muscles:
 - FHL, FHB
 - EHB, EHL
 - Other?



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Anatomy & Biomechanics

- Bones
- Muscles
- **JOINTS**
- Nerves



Anatomy & Biomechanics

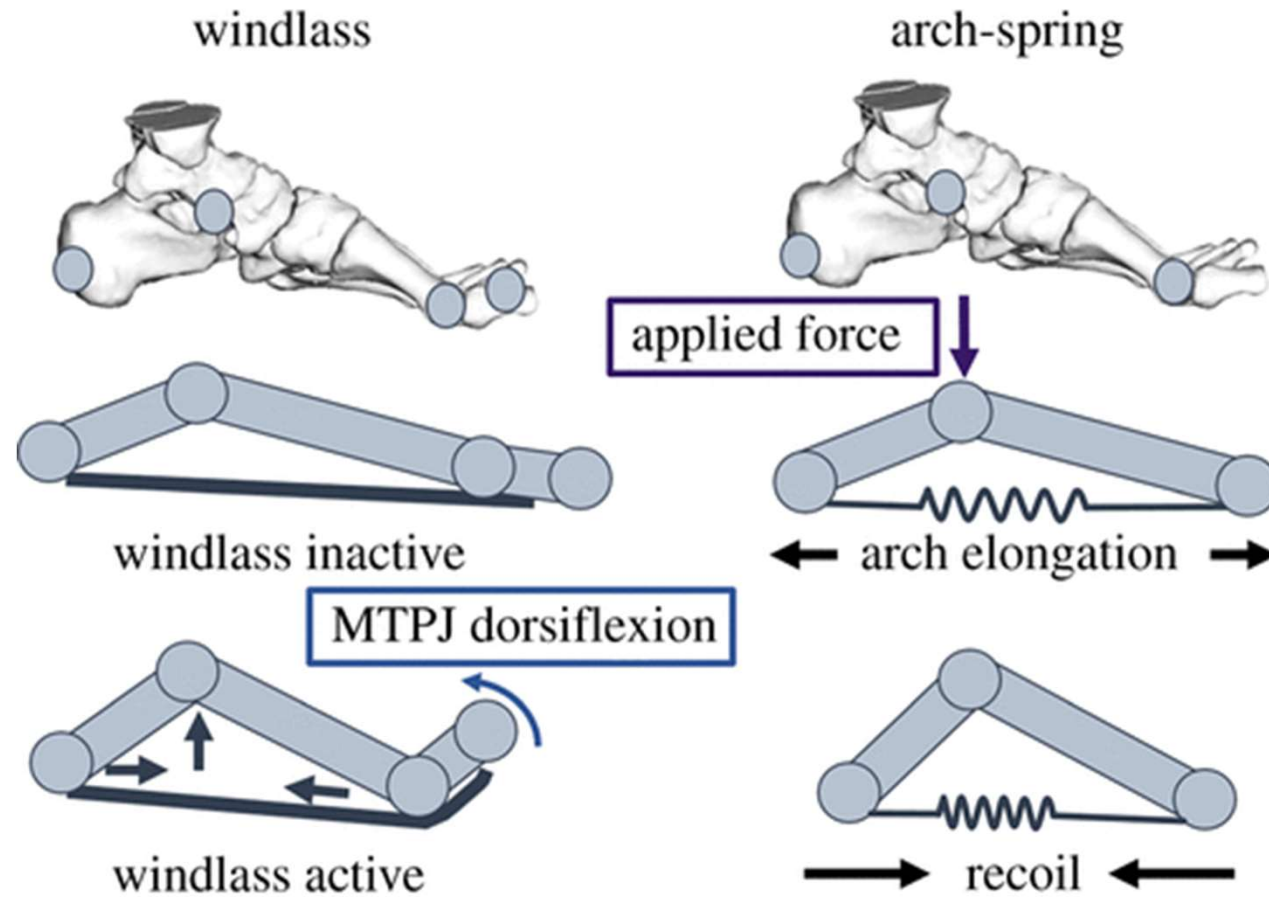
- Bones
- Muscles
- Joints
- **NERVES**

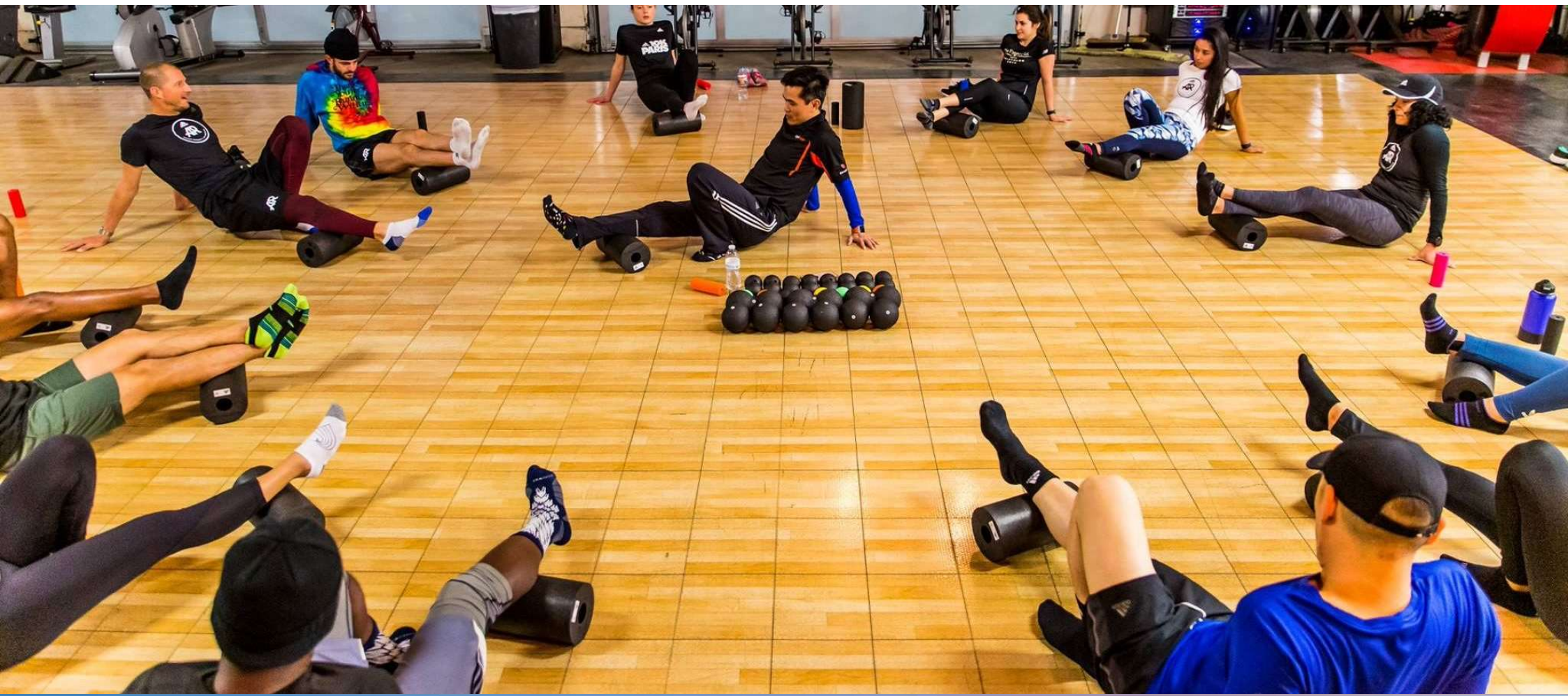


3T's of Mastery

1. (T)OOLS
2. (T)ECHNIQUES
3. (T)IPS

Windlass Test





LA Adidas Runners

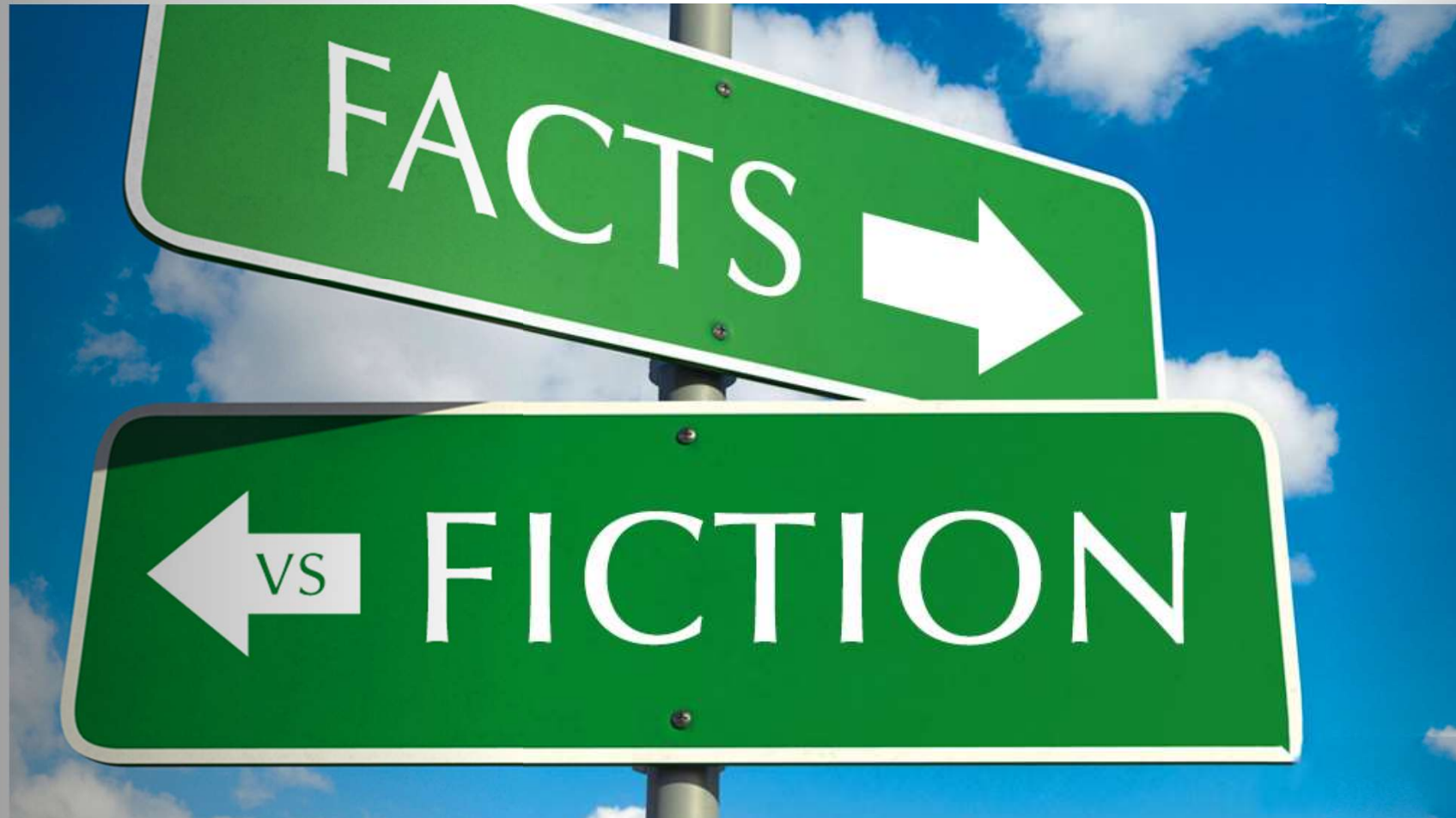
FOUNDATION



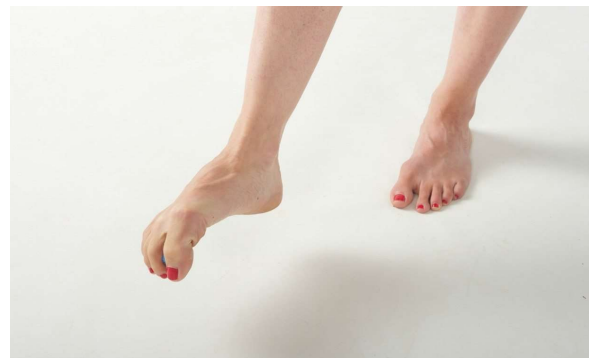
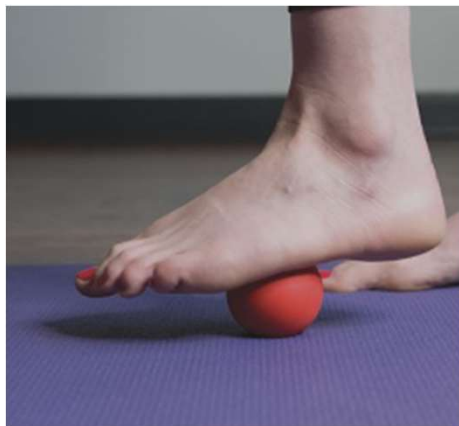
SBF ≡ “Strong Balanced Feet”

- **(S) Strength**
- **(B) Balance -proprioception**
- **(F) Flexibility**

Maladies & Treatments



Common Misconceptions



Maladies:

Bunions (HAV)

- Diagnosis
- Treatment
 - Surgical
 - Non-Surgical
 - Rehab



Maladies: Hallux Limitus/Rigidus (DJD)

- Diagnosis
- Treatment
 - Surgical
 - Non-Surgical
 - Rehab



Maladies:

- Diagnosis
- Treatment
 - Surgical
 - Non-Surgical
 - Rehab

Sesamoiditis

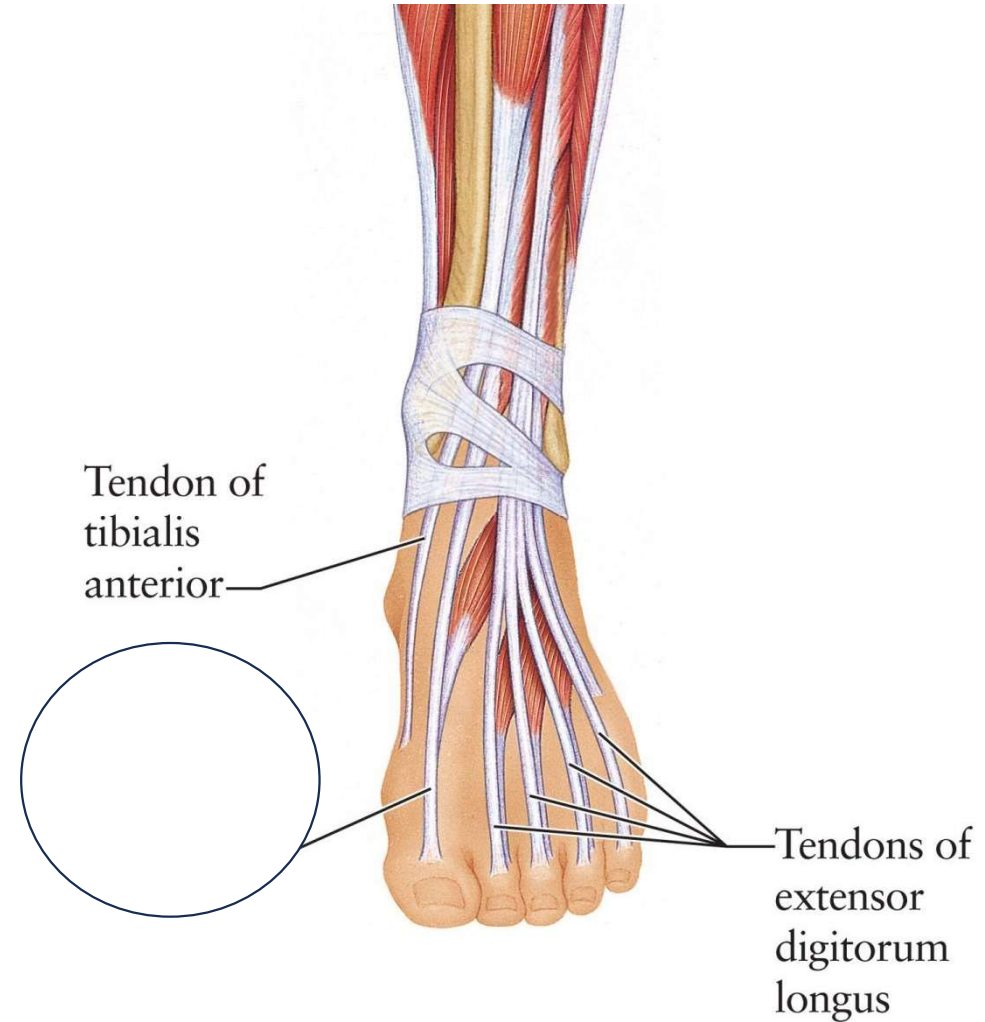
Sesamoiditis



Maladies:

- Diagnosis
- Treatment
 - Non-Surgical
 - Rehab

Extensor Tendinitis



Footwear Influence:

- Shoes

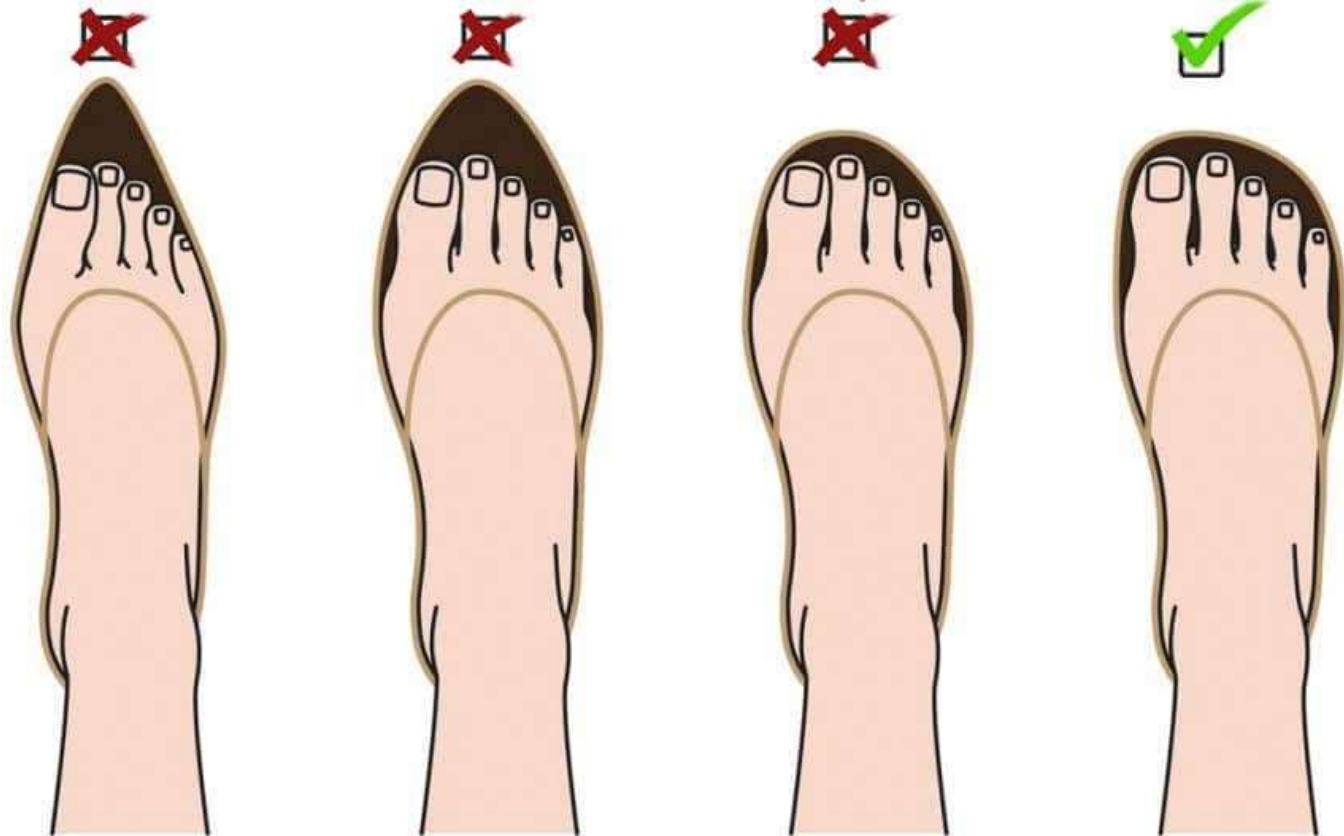
- Fit
- Styles
- Lift



Footwear Influence:

- Shoes

- Typical
- Natural



Foot Shapes & Types:



RESEARCH NEWS

Shoes with 'toe springs' give your feet a break, but beware of long-term pain



An upward curvature at the front of a shoe is known as a toe spring. Photo: Nicholas Holowka

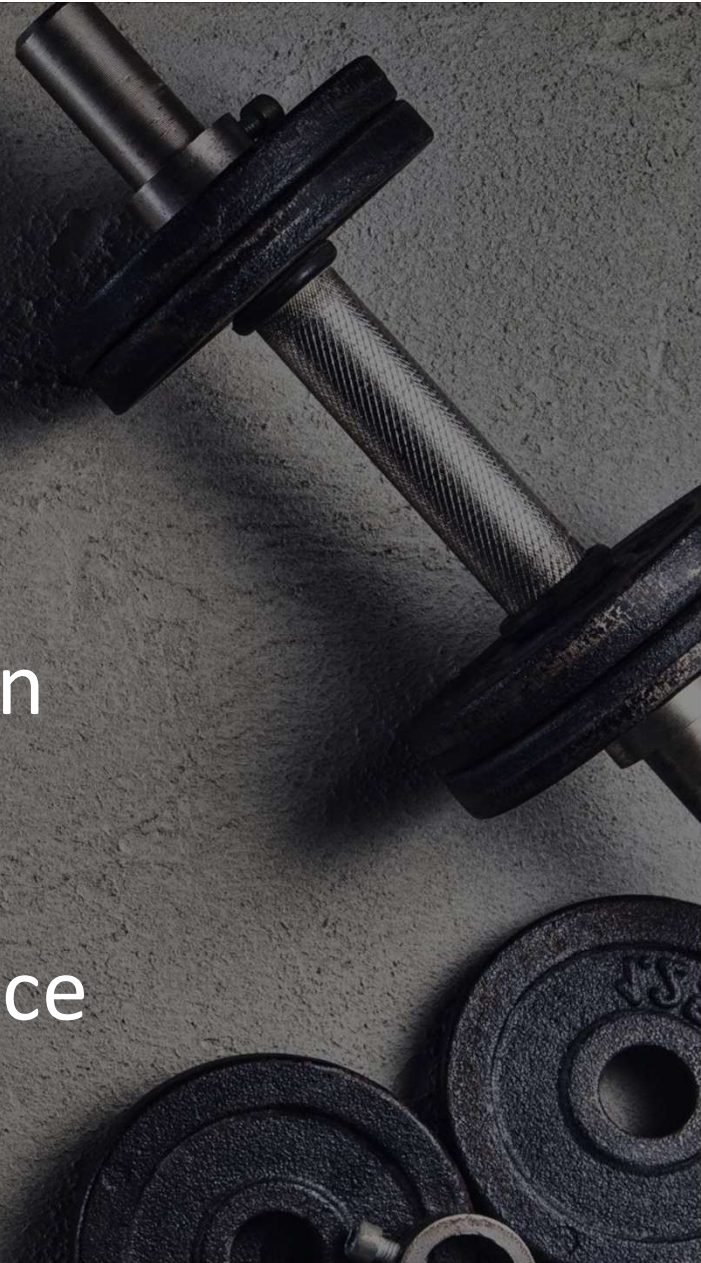
By CORY NEALON

Published September 21, 2020

Functional Training

5 P's

- Prior
- Preparation
- Prevents
- Poor
- Performance



Functional Training

- Alignment
- Range of Motion
- Strength





**Power of Play
(poll)**

Big Toe Exercises variations

Power of
Play
Ask PT & Trainers



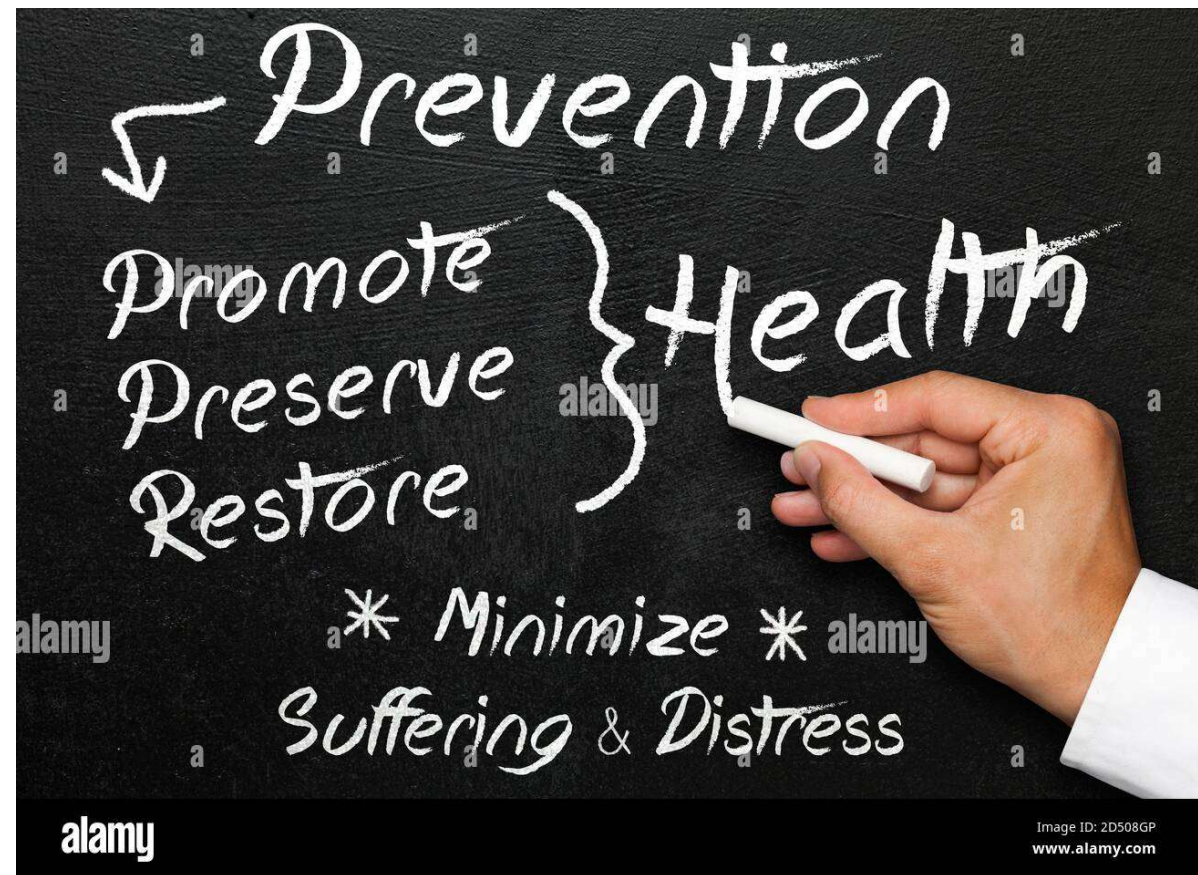
Public Health

Strategy?



Prevention/Treatment:

- Early detection/
intervention
- Collaboration



Sharing 3T's of Mastery

1. (T)OOLS
2. (T)ECHNIQUES
3. (T)IPS



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