

Ahmed's signs and symptoms indicate he has sesamoiditis, inflammation of the small sesame seed-like bones embedded in tendons behind the metatarsophalangeal (MPT) joint. The sesamoid bones increase the leverage of the tendons that control the big toe; they receive intense pressure every time the big toe is used to push the foot forward, as in running and classic skiing.

Applying the generic treatment principles for repetitive stress injuries, there are a number of things Ahmed can try to relieve his pain and continue skiing during the camp:

- Use his skate boots for classic skiing; their soles are significantly stiffer and may provide enough support to relieve pressure on the sesamoid bones.
- Stop classic skiing and skate ski for the remainder of the camp. Skate skiing doesn't put the same level of pressure on the sesamoid bones as classic skiing and, as mentioned above, the soles of skate boots are much stiffer.
- Add a cushioned insole to both his classic and skate boots.
- Ice his foot in the evenings to help reduce inflammation.
- If pain persists after he stops skiing, consider using ibuprofen or naproxen at night to promote sleep.

