

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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Lesley Walker
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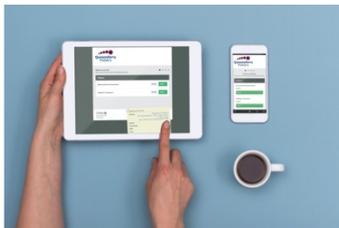
Angela Miller
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Online booking on our Facebook page or website:

www.queensferrypodiatry.com



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Professional and caring podiatrists

Claw, Hammer & Mallet Toes



Treatment Advice

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What is a claw, hammer and mallet toe?

These toe deformities occur due to an imbalance in the muscles, tendons or ligaments that normally hold the toe straight.

A **claw toe** involves abnormal positions of all three joints in the toe. The toe joints closest to your ankle point up, while your other toe joints bend down. This makes your toes look like claws.

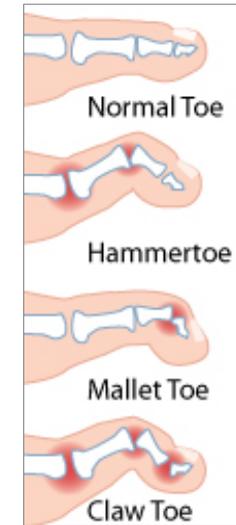
A **hammer toe** has an abnormal bend in the middle joint of a toe

A **mallet toe** affects the joint nearest the toenail.

What causes toe deformities?

Toe deformities are caused by a variety of factors:

- Hereditary
- poorly fitted shoes
- diabetes
- rheumatoid arthritis
- stroke
- can be associated with an underlying neurological condition, e.g. Charcot-Marie-Tooth syndrome
- bunions
- highly arched feet
- tendon imbalance
- traumatic injuries of the toes



Complications?

At first, these toe deformities may maintain their flexibility but eventually the tendons of the toe can contract and tighten, causing the toe to become permanently bent. Your shoes can rub against the raised portion of the toe, causing painful corns and callous.

If your toe is still flexible, exercises such as crumpling a towel with your toes, helps to stretch and strengthen your toe muscles and may alleviate your symptoms or prevent them from getting worse.

What can help?

- Wear shoes with extra depth in the toe area. Don't wear shoes that are too tight or shoes with high heels.
- Wear protective padding or splints to realign the affected toe.
- A podiatrist can treat corns and callous caused by the shoe rubbing on the toe.

Surgery Treatment

If conservative treatments do not help, then surgery may be recommended to release the tendon that's preventing your toe from lying flat. In some cases, the surgeon also might remove a piece of bone to straighten your toe.