

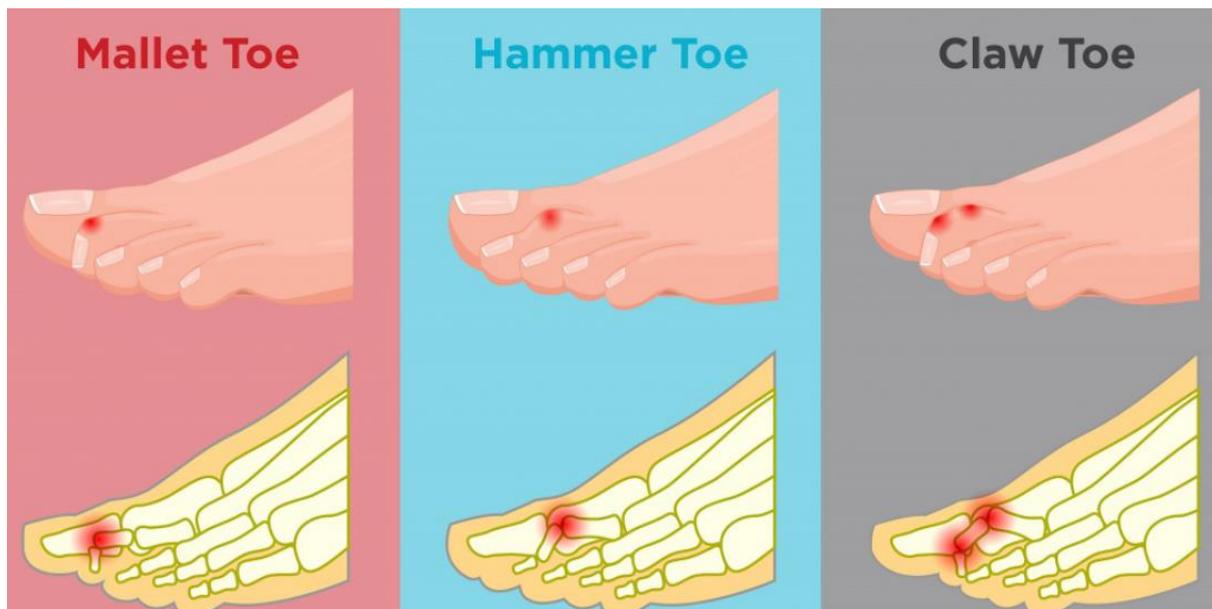
Clawed, Hammer and Mallet toes

Body Part

Toes

Condition:

Clawed, Hammer or Mallet toes are all similar toe formations that commonly affect the lesser toes and almost never the big toe. Although not detrimental to your health they can become sore.



Causes:

Hammer, claw or mallet toes are generally hereditary but can be exacerbated by the following:

- Certain shoes:
 - High-heeled shoes or footwear that's too tight in the toe box crowds the toes and forces them to sit up.
 - Thongs force your toes to bend and grip which can cause long standing contracture of the toes.
- Trauma.
 - An injury in which you stub, jam or break a toe can make it more likely for that digit to develop hammertoe or mallet toe.
- Bunions
 - When the big toe deviates across it can make the lesser toes sit up.
- Muscle imbalance

- If you have a muscle imbalance in your feet some muscles are working harder than others causing your toes to sit up.

Symptoms:

Symptoms vary from person to person but usually include:

- Pain
 - From pressure of adjacent toes
 - From rubbing in footwear
- Difficulty finding footwear that fits
 - As the toes sit up more, finding shoes that are deep enough can be difficult.
- Development of corns and callouses
 - If the pressure builds up for long enough painful corns and callouses can appear.
- Balance problems
 - Toes are important in our balance, thus if your toes aren't functioning properly you may have reduced balance.

Treatment:

- Adequate footwear
 - Footwear that doesn't cause pressure or rubbing by having a deep toe box.
 - Footwear with a removable insole to create extra depth
- Visiting your podiatrist can:
 - Treat your corns and or callouses
 - Tape and pad your toes
 - Make orthotics
 - Provide footwear advice
 - Provide exercises.
- Massage, splinting exercise
 - If your toes are still flexible (usually in children) massage, splinting or certain exercises can help straighten your toes.
- Surgery could be indicated in severe toe deformities which aren't getting relief from non invasive treatments.

Prognosis:

As these toe deformities are generally speaking hereditary the best thing to do is manage it by avoiding things that exacerbate them or cause them pain. In cases where the toes are still flexible, splinting, taping and padding could see your toe deformity lessened within 6-8 weeks.

Further information:

For further information, please contact our friendly team at Gen Health.

Picture Link: <https://solescapeshoe.com/shop-now/hammer-claw-toes/>