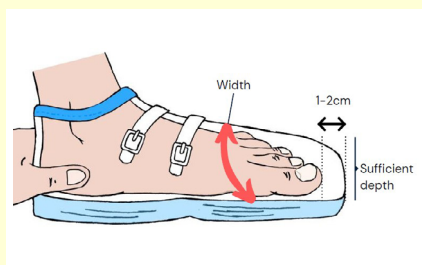


Toe Deformities

Treatment options

Non-surgical Treatment Options

Non-surgical treatments include change in footwear and stretching and strengthening exercises for the toes. Surgical treatment is only recommended if non-surgical treatments fail to relieve symptoms.



1 Avoid wearing tight shoes

Avoid wearing tight, narrow, high-heeled shoes. Shoes should be one-half inch longer than your longest toe—which, for many people is the second toe—and have a soft, roomy toe box. Wear something comfortable.

2 Shoes with a deep toe box or a sandal

Get a shoe with a deep toe box that accommodates the hammer toe. A shoe repair shop may be able to stretch a toe box so that it bulges out around the toe. Wearing sandals may help, if they do not pinch or rub other areas of the foot.

3 Toe Exercises

Gently stretch your toes manually or using your toes to pick things up off the floor. Consider performing “toe curls” to strengthen your toes. To perform a toe curl, place a towel flat under your foot and use your toes to crumple it.

Surgical Treatment Options

If non-surgical treatments fail to relieve symptoms or toe joint is rigid and no longer moveable, then surgery can be considered.

Surgical treatment options include:

- Tendon lengthening
- Tendon transfer
- Joint Fusion

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