

PodiatryCare, P.C. *and the* Heel Pain Center

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HAMMERTOES

A hammertoe is a contracture of the toe caused by a tendon imbalance in your foot. This contracture causes a prominence to develop on the top of your toe, which may cause pain and difficulty fitting into shoes.

Symptoms

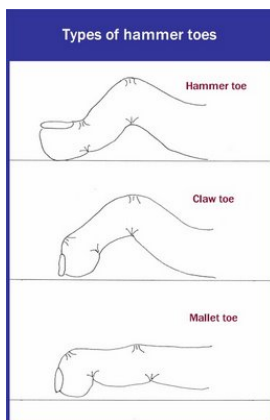
A contracted toe as seen in the pictures below. There may be redness, pain, and the development of a corn/callus on the top of the toe from rubbing inside of shoes. A callus may also be present on the ball of the foot from the pressure exerted from the hammertoe.

Causes

Hammertoes are caused by tendon imbalances. These imbalances result from faulty mechanics in the foot. Many times hammertoes are inherited.

Treatment

Non-surgical treatment for hammertoes includes periodic trimming of corns and calluses by your doctor here at PodiatryCare, padding to alleviate irritation from rubbing in shoes, changes in shoe wear, and splinting of the toe. Surgical correction may include the removal of a small piece of bone from the joint or a fusion of the joint to straighten the toe. These procedures may include utilizing a pin to hold the toe straight during the healing process. These are relatively quick surgeries that allow for immediate weight-bearing post-operatively.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/hammertoes.htm>