

Hammertoes

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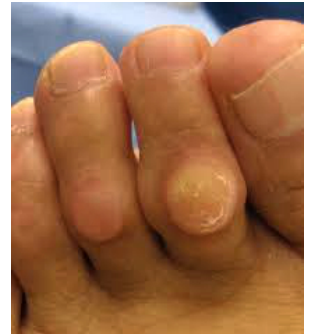
What are Hammertoes?

Hammertoes are a common foot deformity where one or more of the smaller toes become bent at the middle joint, resembling a hammer. This condition can affect mobility, cause pain, and make wearing certain footwear uncomfortable.



Causes of Hammertoes

1. Muscle Imbalance: When muscles, tendons, and ligaments in the foot are out of balance, it can lead to the abnormal bending of the toe.
2. Footwear: Wearing tight or narrow shoes, especially high heels, can force the toes into a bent position.
3. Genetics: A family history of foot deformities increases the likelihood of developing hammertoes.
4. Injuries: Trauma or fractures to the toes can contribute to the condition.



How Hammertoes Feel

Individuals with hammertoes may experience:

- Pain or discomfort, especially when wearing tight shoes.
- Corns and calluses on the top of the bent toe.
- Redness and inflammation around the affected area.
- Limited movement in the toe joints.

Treatment for Hammertoes

Treatment options for hammertoes depend on the severity of the condition:

1. Conservative Treatments:

- Wearing properly fitting shoes with a wide toe box.



- Using padding or orthotics to reduce pressure on the toes.
- Stretching and strengthening exercises to improve flexibility.
- Anti-inflammatory medications to manage pain and swelling.

2. Surgical Treatments:

- Severe cases may require surgery to correct the toe alignment, such as tendon release or joint fusion.

- Depending on the toe each surgery can be different.

