

FOOT & ANKLE ASSOCIATES

BENT OR SCRUNCHED TOES?

Foot conditions and injuries can have interesting names. Names like turf toe, athlete's foot, pigeon toe and Morton's neuroma. However, like anything else, there are specific

reasons behind a name. The name hammertoe comes from the appearance of a bent and out of shape toe.

A **hammertoe** occurs when the toe bends at the middle joint of a toe. It commonly occurs in the second, third or fourth toes from a muscle imbalance. Frequently, this occurrence is a result of ill-fitting footwear. When your toes are held in a position for too long, they can tighten and become hard to stretch out. Hammertoes can cause consistent pain and development of **corns**, **calluses** and blisters.



www.TheFootPros.com

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MORE INFO

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2 TYPES OF HAMMERTOES:

There are two types of hammertoes - flexible and rigid. A flexible hammertoe can move at the joint, and a rigid hammertoe will press the joint out of alignment. **Dr. Marco Vargas** has knowledge in treating these conditions.

TREATMENT OPTIONS:

Treatment for hammertoes will depend on the severity of your condition. However, here are some typical treatment options suggested at our office.

Buy shoes that provide a wide toebox. There should be a 1/2 inch between your longest toe and the end of the shoe. This will allow enough space for your toes in your shoes. You should avoid high heels or tight shoes altogether!

Exercise your toes. When you exercise your toes, you can help stretch and strengthen your toe muscles.

Using nonmedicated pads for your corns or cushions to help relieve pressure and pain. These can be bought at your local pharmacy. If you are unsure which kind to buy, Dr. Vargas can refer you to the right brand.

In severe cases, and if pain persists, surgery may be necessary.

Are you dealing with hammertoes? **Make an appointment** with Dr. Vargas. He specializes in all conditions regarding the foot and ankle. You can call our Sugarland office at (281) 313-0090.

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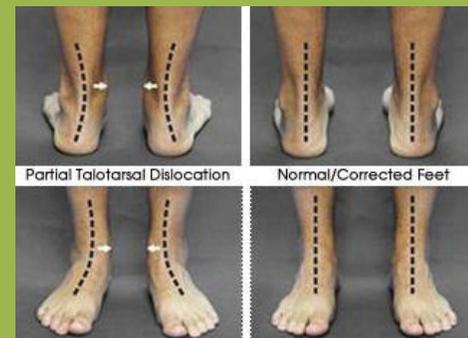
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