



NIKHIL NANAVATI

Toe deformities



Introduction

Toes are extremely complex structures with multiple tendon and ligament attachments. Sometimes there can be an imbalance in the forces provided by these tendons leading to deformities of the toes. Toe deformities can also be due to innocuous injuries to the feet. The common deformities are 'hammer-toe,' 'claw toe' and 'mallet toe.' Different options are available depending on the level and degree of deformity.



NIKHIL NANAVATI

Toe deformities

Treatment

Orthotics: Footwear modification with wider toe boxes can help to alleviate pressure and therefore reduce the pain. Spacer or straightening devices can be used to realign the toe and limit the pressure upon it whilst in shoes.

Injection: Injections with steroid and anaesthetics can be performed under X-ray guidance to reduce the pain, swelling and inflammation in the joints.

Surgery: Surgery needs to be tailored depending on the specific problems experienced by the patients and depends on whether the position of the toe is fixed or not. Surgery also depends on how many toes are affected too.

Tendon releases, realignment and fusion surgery can be considered for these conditions.

Patients will also be provided with a personalised treatment plan following their individual operations.