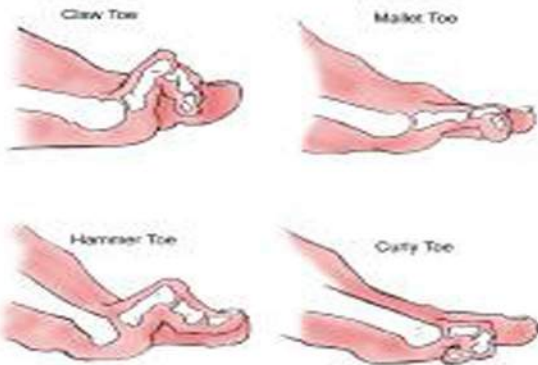


Toes - Hammer, Claw, Corns

Lesser toe deformities are common deformities of the foot, and are most commonly found in the ageing population. The toes can remain flexible or become rigid and often result in the formation of corns or calluses. Decker & Albert (2002) have stated that 1 in every 15 individuals, aged between 31-60, have at least one lesser toe deformity. Hammer toes and claw toes are typically the result of muscle imbalance and poor fitting footwear. Other conditions that may cause lesser toe deformities: diabetes, peripheral neuropathy, neuromuscular disorders, inflammatory arthritis, and acute injuries.

Corns and callus's are a hard area on the skin of the toes or plantar surface of the foot commonly caused by inappropriately fitted shoes, prominent underlying bone or malposition of a digital joint. They are an accumulation of the skins epidermis which are created by the body to protect the underlying structures. What is initially a protective layer of thickened skin can become painful if the cause is friction and/or stress is not relieved.



The pedorthic solution for people with toe deformities include: properly fitted shoes with adequate depth and room in the forefoot region, some shoes may require stretching or a spot stretcher to elevate corns on hammer/claw toes. Metatarsal pads and accommodative orthoses with offloading can help provide cushioning and support and redistribute the areas of pressure away from the corns to help them heal. Ongoing treatment with a Podiatrist is also recommended to further progress the reduction of the corns and callus's.



"After visiting many speciliaty shoe stores all I was left with was pain, tears and lots of ill fitting shoes. My podiatrist suggested Happy Feet (Pedorthics), where I met my angel Clare (C.Ped CM AU.). She measured me up correctly, and gave me my first ever pair of comfortable shoes. I haven't looked back and now have them repaired regularly and some new ones. I spend 10-12 hours a day in them and "wow" what comfort. Thanks to Clare and the staff I now have Happy Feet." Monika

