DIGITAL/TOE DEFORMITIES

- A deformed toe is one of the more common conditions to afflict the foot. This includes:
  a) HAMMERTOES
  b) MALLET TOES
  c) OVERLAPPING TOES

HAMMERTOES

- They are either a flexible or rigid contraction usually affecting the second, third, fourth or fifth toes.
- This is where muscle imbalance leads to bending or “buckling” toe joints.
- These buckled or contracted positions create any number of problems within and on top of the toe deformity.
- If left untreated, these conditions can cause pain or progress to ulcers or infections.
- Flexible hammertoes refer to reducible hammertoes in contrast to rigid hammertoes where the deformities are fixed.

MALLET TOES

- A mallet toe is similar to a hammertoe, except the deformity occurs closer to the end of the toe.

OVERLAPPING TOES

- Overlapping toes are malpositioned from birth or acquired over time, often producing some abnormality in the tendon, ligaments or skin. This can lead to painful corns over time.

TREATMENT OPTIONS

- CONSERVATIVE Options can consist of one or more of the following:
  a) Debridement of corns, digital splinting and/or padding of the toe.
  b) Orthotics or inserts in shoes to correct irregular foot biomechanics
  c) Injections to relieve pain and inflammation.
  d) Larger or extra depth shoes to accommodate toe deformities.

- SURGICAL Options sometimes used in combination and help to straighten and re-align the toes by cutting the bone, tendon, joints and/or ligaments:
  a) Tenotomy and Capsulotomy
  b) Arthroplasty
  c) Fusion
  d) Arthroplasty with Tendon Relocation
  e) Arthroplasty with Implant Surgery
  f) Derotational/Realignment Procedure for Overlapping Toe
TOENAIL PROBLEMS

• The following are some common toenail problems:
  a) BONE SPUR UNDER THE NAIL
     i. Sometimes deformed toenails are associated with a small bone spur at the tip of the toe under the nail.
     ii. This can cause considerable discomfort at the nail or beneath; also skin between the nail and the bone can become irritated and result in a painful corn or callus.
     iii. Treatments may include removing the bone spur as well as the nail.
  b) THICK NAIL (HYPERTROPHIED) & FUNGUS NAIL
     i. This may stem from a nail fungus, nail injury or can be inherited.
     ii. Fungal nails can often be treated with topical or oral antifungal medications.
  c) OTHER TREATMENT OPTIONS MAY INCLUDE:
     i. Surgical removal of the toenail and destruction of the nail root with or without laser.
     ii. Permanent removal of one or both sides of a toenail.
     iii. Removal of fungal tissue if present, and toenail root treatment via chemical cauterization.