

## Fact Sheet

# Hammer Toe

### What is Hammer Toe?

A Hammer Toe is a deformity that causes your toe to bend or curl downward instead of pointing forward. This deformity can affect any toe on your foot; however, it most often affects the second toe or third toe. Although a Hammer Toe may be present at birth, it usually develops over time due to wearing ill-fitting shoes or arthritis.

Hammer Toes can become very painful & due to pressure from footwear, they can develop a corn and/or callous on the toe which becomes painful.

### Causes

- A family history of hammertoes
- Wearing tight or pointy-toed shoes
- Wearing shoes that are too small



© Healthwise, Incorporated

### Treatment

- A Hammer Toe caused by inappropriate footwear can be corrected by wearing properly fitting shoes.
- There is a range of cushions, pads which can be used to offload the bony prominence.
- Strapping of the digit can aid in reducing the progression of the deformity.
- Medication can aid in management of arthritic pain.
- If conservative treatment fails, surgery can be performed to reposition the toe.



**Hihett**  
**Podiatry**

#### ALWAYS CONSULT A TRAINED PROFESSIONAL

The information in this resource is general in nature and is only intended to provide a summary of the subject matter covered. It is not a substitute for medical advice and you should always consult a trained professional practising in the area of medicine in relation to any injury or condition. You use or rely on information in this resource at your own risk and no party involved in the production of this resource accepts any responsibility for the information contained within it or your use of that information.