

Monthly Newsletter

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Contact Your Foot

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Doh!

In January we had 7 patients that failed to attend their appointment!



Hammer toes can cause discomfort



Going the distance with you!

Hammer toes

What is a Hammertoe?

A hammertoe is considered a deformity that is caused by your toe bending or curling downward instead of pointing forward.

Any toe on your foot can be affected; however, typically the second and third toes are involved. It is possible for a hammertoe to be present at birth, but it typically develops over time due to arthritis or wearing poorly fitting shoes.

A hammertoe can cause a deal of discomfort, but in most cases they are treatable.

Causes

Each toe contains two joints that allow it to bend at the middle of the toe and at the end of the toe.

When the middle joint becomes dislocated a hammertoe occurs.

Common causes of joint dislocation include the following:

- Injury to the toe
- Arthritis
- High foot arch
- Poorly fit shoes
- Tightened tendons in the foot
- Pressure from a bunion

Symptoms

A hammertoe can cause discomfort upon trying to stretch or move the affected toe or those around it and while walking.

Symptoms associated with a hammertoe can be mild or severe.

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Hammer toes (Cont'd from previous page)



Mild Symptoms

- Toe that is bent downward
- Calluses or corns

Severe Symptoms

- Claw-like toes
- Difficulty in walking
- Inability to wiggle toes or flex foot

Prevention

A hammertoe can be prevented by wearing properly fitting shoes. It is recommended that you have

the length and width of your foot measured if your shoes fit too snug.

Wearing shoes with a heel over 2 inches can increase pressure on your toes, causing them to bend.

They can also cause the formation of a high arch or corns. It is thus recommended to wear shoes with a heel that is a block heel or less.

Tips to Relieve Pain and Discomfort

Whether you are just noticing the first symptoms of a hammertoe or are awaiting a visit with your chiropodist, the following measures can be taken to achieve relief:

- Wear shoes with a wide toe box. Keep in mind there should be at least one-half inch of space between the tip of your shoe and your longest toe.
- Avoid heels that are over 2 inches
- Be sure your footwear is appropriate for your activity
- Purchase commercial, non-medicated hammertoe pads to help relieve painful pressure. Some have the option for a gel lining that can prevent toe irritation caused by the shoe
- Relieve pain by gently massaging the toe.



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Hammer toes (Cont'd from previous page)

- Apply ice packs as needed to reduce painful swelling.

Treatment Options

The treatment for hammertoe is dependent upon the severity of your symptoms. Several options are available for safe and effective treatment and include:

- Use of properly fitting shoes to off-load prominent areas surrounding the bony point of the toe to aid in pain relief.

- Certain medications may be prescribed to decrease inflammation, pain and swelling.

At times, cortisone injections may be used to provide relief of acute pain.

- Custom foot orthotics can be inserted into your shoes; these are prescribed by your chiropodist.

The inserts may prevent worsening of a hammertoe and decrease pain.



Your chiropodist may recommend foot exercises to restore balance

- Your foot specialist may recommend specific foot exercises to help restore muscle balance. In very early stages, splinting of the affected toe may be helpful.
- If suggested treatment options have been unsuccessful a surgical intervention may be required. There are several surgical techniques that can be used to treat hammer toes and they are typically performed in an out-patient setting.

Remember, in any case if you have a question related to foot care, your chiropodist is just a call away! ♦

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The Care,
Professionalism and
Time that your feet
deserve



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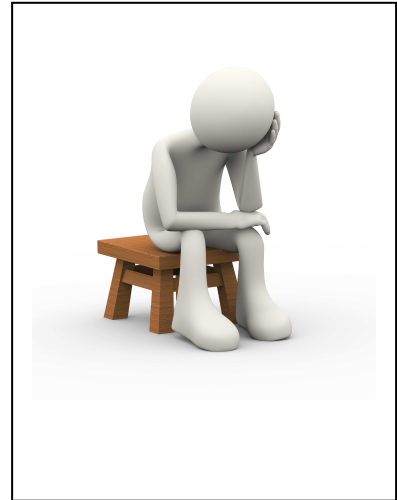
<https://twitter.com/footcareontario>

Special Thanks

Thanks for reading our newsletter;
we hope you've gained valuable
insights!

For any enquiries regarding foot
care or injuries, do feel free to
contact us (see details left) or visit
our website.

Thank you for your support!



Calendar of Events

The office will be closed for staff vacation from February 20th to
March 7th inclusive.

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