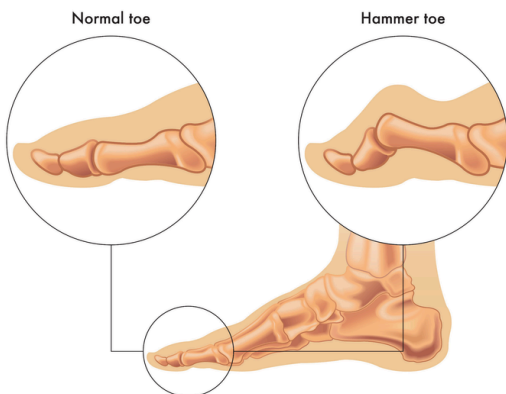


Hammer Toes (Claw Toes/Mallet Toes)

An anatomical deformity of the toe joints

Hammer toes are caused by imbalances in the tendons and joints that control the toe, leading to an abnormal resting position. Over time, the joints can become rigid in this deformed position. This condition is largely genetic and is commonly associated with bunions, arthritis, nerve damage, and mechanical imbalance.

While hammer toes are not always painful, pressure from tight footwear can cause pain, skin irritation, and joint inflammation. Hammer toes are often associated with pain in the ball of the foot (metatarsalgia).



Treatment focuses on supporting the metatarsal arch to reduce strain and reduce tendon retraction.

This is typically achieved with custom orthotics, along with simple shoe modifications such as stretching the footwear to minimize irritation.