



## Mallet Toes

Many disorders can affect the joints in the toes, causing pain and preventing the foot from functioning as it should.

A Mallet Toe cannot straighten. Excessive rubbing of the mallet toe against the top of the shoe can lead to pain and the development of a corn.



Podiatry & Foot Healthcare

[www.wefixfeet.co.uk](http://www.wefixfeet.co.uk)

## What causes a Mallet Toe?

A Mallet Toe occurs when the joint at the end of the toe cannot straighten. There are many different causes but commonly it is due to shoes or the way in which the foot works (functions) during walking.

If the foot is too mobile or the tendons that control toe movement are over active, this causes increased pull on the toes, which may result in deformity.

In some instances trauma, either by direct injury or overuse from walking or sports, can lead the deformation of mallet toes.

Patients who have other underlying conditions such as diabetes, rheumatoid arthritis and neuromuscular conditions are more likely to develop Mallet Toes.

## Treatment and Prevention of Mallet Toes

Any forefoot problems that cause pain or discomfort should be given prompt attention. Ignoring the symptoms can aggravate the condition and lead to a breakdown of tissue, ulcers and can lead to infection.

Conservative treatment of mallet toes begins with accommodating the deformity. The aim is to relieve pressure, reduce friction, and transfer forces from sensitive areas.

Shoes with a high and a broad toe box (toe area) are recommended for people suffering from forefoot deformities such as Mallet Toes. This prevents further irritation in the toe area from developing. Forefoot supports such as gel toe caps, gel toe shields and toe crests can help.

Gel forefoot supports provide immediate comfort and relief from common forefoot disorders without drying the skin and are available from our We Fix Feet clinics.



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician.

Please contact your nearest *We Fix Feet* clinic to book your consultation.