



## Morton's Toe

Morton's Toe is a common forefoot disorder where the second metatarsal bone is longer than the first metatarsal, making the second toe longer than the big toe (first toe).

This condition is also known by many other names, including "Greek Foot", "Royal Toe" or "Turkey Toe"



Podiatry & Foot Healthcare

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# What causes Morton's Toe?

Morton's Toe is genetic.

However, Morton's Toe leads to excessive pressure on the second metatarsal head during walking or standing, resulting in pain similar to the discomfort associated with metatarsalgia.

The constant pressure placed on the longer second toe while walking or standing can lead to callous formation under the second metatarsal head due to pressure.

Trauma to the nail of the second toe, due to its extended length, can predispose it to splitting, fungal nail infection or other nail pathologies.

## Treatment and Prevention

Treatment of Morton's Toe starts with selecting proper footwear. Footwear with a high and wide toe box (toe area) is ideal for accommodating this condition. It may be necessary to buy footwear a half size to a size larger to accommodate the longer second toe.

Orthotics insoles that feature an arch support to keep the foot aligned, and a metatarsal pad to reduce stress on the ball-of-the-foot are often recommended when treating this condition.

Proper supportive, accommodating footwear combined with an effective orthotic insole will provide relief from pain associated with Morton's Toe.



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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.