

Toe Deformities

My toes look strange!



What are lesser digits?

Our toes are also known as digits of the foot. The second to last toes are referred to collectively as lesser digits.

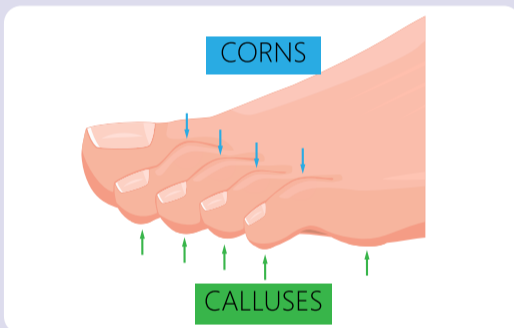
Lesser Digit Deformities

Lesser digit deformities result in imbalance to muscles, tendons or ligaments surrounding the toe joints.

These imbalances can occur due to faulty biomechanics, having excessively long toes, neuromuscular disease, systemic conditions (such as rheumatoid arthritis, diabetes), ill-fitting footwear choices, and genetics.

Any of these deformities can lead to pain from rubbing in shoes, causing sensitive corns and calluses. In diabetic or neuropathic patients, it is particularly important to monitor these deformities to prevent sores at the contracted portions of the toes.

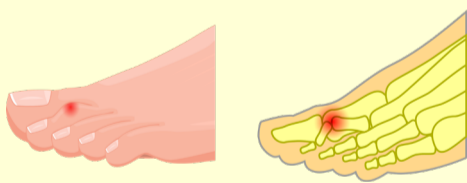
Signs and Symptoms of Lesser Digit Deformities:



- Swelling or redness
- Inability to straighten the toe
- Difficulty walking
- A corn or callus on the top of the middle joint of the toe or on the tip of the toe

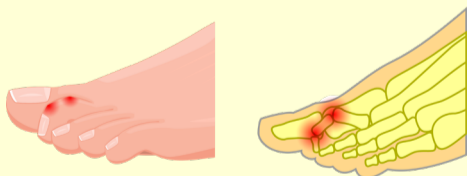
Types of Lesser Digit Deformities

Hammer toe



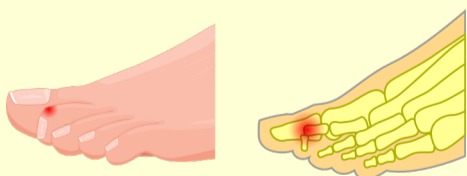
A hammer toe has an abnormal bend in the middle joint of the toe. This term is commonly used as a general term to describe all lesser toe deformities. In this condition, the toe is bent at the middle joint, so that it resembles a hammer.

Claw toe



A claw toe has an abnormal bend in both the middle joint and the last joint closest to the toenail of a toe.

Mallet toe



A mallet toe has an abnormal bend in the joint of the toe that is closest to the toenail.

