



Hammertoes/ Claw Toes/ Mallet Toes

One or more of the smaller toes permanently flex at the first joint, usually as a result of a muscle imbalance or wearing too tight or high-heeled shoes. Often a corn (layers of dead skin cells laid down in response to friction or pressure) develops as shoes rub the top of the toe. Shoes need to be deep or have a soft top to accommodate the bent toes. Over the counter pads help, but check with your doctor if you have pain. You may need orthotics or even surgery.