Hammer Toes Symptoms and Treatment by Allison Shuck

Article published on March 12th 2012 | Health

Hammer toes are the most common problems often found in the people indulged in the heavy physical activities including walking, running, jumping etc. It can be occurred to anyone without prior symptoms or any other signs. When the smaller toes of the foot become bent and prominent, it gives rise to hammer toe. It is the most painful condition and restricts activities like walking, running, etc. It looks exactly like a hammer this is the reason, it is called hammer toe. The toes form a joint with the long bones of the foot and it is the same area that is referred to as the ball of the foot. These bones and joints are straight however it occurs when the toes become bent at the first interphalangeal joint. It makes the toe prominent and is the very basic cause of the problem.

Hammer toes can affect any number of the lesser toes and causes immense pain. In most of the cases, a deep blister is formed over the joint. It is also a visible sign of hammer. It gradually becomes bruised and inflamed causing heavy pain in the region. Over time, hard skin or corns can form over the joints or at the tip of the toe, making patient unable to move. In fact, the inflammation caused by hammer toe is similar to a bunion. A toe with this deformity is bent at the last joint and points the tip of the toe downward.

Causes of Hammer Toe:

1. Poor Health

2. Poorly Fitted Shoes

3. Physical Trauma

There are many different causes of the problem, however generally it is due to uncomfortable shoes. It is often found that the way in which the foot functions during walking, running, moving, etc by patient can cause trouble. If the foot is overactive along with its associated tendons, then this can cause increased pull on the toes which may result in absolute deformity. In some instances either direct injury or overuse from walking, running, moving, jumping or other sporting activities can give rise to hammertoes.

Professional podiatrist (foot and ankle doctor) usually prescribes physical therapy and custom orthotics. Properly fitted shoes are also an effective treatment for the problem. For mild to moderate hammer toe cases, these treatment measures may completely reduce or remove any kind of related symptoms. In severe cases podiatric surgery may prove necessary in order to solve the problem completely. However, it is the final solution to the problem and foot and ankle doctors recommend after thorough inspection and diagnosis.

Article Source:
http://www.articleside.com/health-articles/hammer-toes-symptoms-and-treatment.htm - Article Side

Allison Shuck - About Author:
Premier Foot and Ankle, Inc is a Plano, TX based podiatric clinic offering comprehensive services for the treatment of all types of a foot and ankle injuries. a Hammer Toe specialties provide expert podiatric services in Plano and McKinney. Their priority is to deliver quality foot and ankle care & sophisticated a podiatric surgery to informed patients in a comfortable setting.

Article Keywords:
hammer toe, bunion, podiatrist, foot and ankle doctor, podiatric surgery, foot and ankle injuries, podiatric services

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!