



Capital District Podiatry, PLLC
Dr. Tejas Pandya

CapitalDistrictPodiatry.com



CALL (518) 273-0053



REQUEST AN APPOINTMENT



FIND US

763 Hoosick Rd.
Troy, NY 12180



855 Rt. 146, Suite 150
Clifton Park, NY 12065

Bunions, Hammertoe, Mallet Toe, and Claw Toes—Recognizing Toe Deformities

When you look down at your feet, one thing you don't want to see are toes that don't look quite right because you have **deformities** like bunions, hammertoe, mallet toe, or claw toes!

- **Bunion** – In this condition, the **big toe is abnormally angled inward**, toward the four smaller toe. This angling forces the joint at the base of the toe to jut out into the inner edge of the foot.
- **Hammertoe** – In this condition, a toe—usually the one right next to the big toe—has an abnormal downward bend at the middle joint. This kind of makes it look like a hammer (which explains the name).
- **Mallet toe** – Like with hammertoe, a mallet toe is one—also usually the second toe—featuring an abnormal bend. In this case, the bend is at the joint closest to the tip of the toe.
- **Claw toe** – Whereas the previous conditions typically involve a single toe, **claw toe typically happens to all four of the smaller toes**. In this condition, there is an abnormal upwards toe bend at the first joint, along with downward bends at both of the other two toe joints.

FREE BOOKS



ORDER NOW



ORDER NOW

Treat Them Early!

These conditions are all considered to be progressive. What that means is they worsen over time and—even though conservative treatment sometimes resolves symptoms—can only be truly corrected with surgery. Recognizing them early is essential for preventing them from progressing too far!

Conservative treatment options for toe deformities include:

- **Medication** – We may prescribe or recommend certain medications for pain relief.
- **Padding** – Pads can be useful in preventing callusing and blisters when toe deformities affect shoe fit.
- **Stretches** – In early cases, stretching exercises may keep tissue limber and prevent further progression.
- **Icing** – Applying ice to an affected toe can relieve pain.
- **Orthotics** – **Custom orthotics displace pressure** from certain areas to keep the toe from worsening.



When Surgery is Your Best Option

At Capital District Podiatry, we never recommend surgical procedures unless they are absolutely necessary!

In fact, we exhaust conservative options when working to resolve your lower limb pain – even for toe deformities like these. Typically, we only reserve this option for cases that either cause severe pain or take away your ability to perform normal activities.

When surgery is recommended, you will find peace of mind knowing that we have been able to help many patients throughout the year with successful procedures. No matter what kind of treatment will best resolve the problem, Dr. Pandya can provide the care you need.

Remember, seeing us earlier for hammertoe, mallet toe, claw toes, and bunions—or any foot or ankle condition, actually—is always the right move!

For more information about toe deformities like these, contact us by calling (518) 273-0053. While on the phone, make sure you request your appointment for professional foot care!

CALL (518) 273-0053



READ OUR
BLOG

HELP US IMPROVE



WRITE A
REVIEW

QUICK LINKS

- [Contact Us](#)
- [Patient Education](#)
- [Our Staff](#)
- [Patient Forms](#)
- [Our Services](#)

CONNECT WITH US



SERVICE AREAS

DIABETIC FOOT CARE



TOENAIL TREATMENT



HEEL PAIN



CapitalDistrictPodiatry.com (518) 273-0053

Capital District Podiatry, PLLC | 763 Hoosick Rd. Troy, NY 12180 | 855 Rt. 146, Suite 150 Clifton Park, NY 12065