**Hammer and claw toes**

Hammer and claw toes are usually not a birth defect, but rather the consequence of foot malposition, made worse by hallux valgus or overly narrow footwear. In the case of a hammer and claw toe (hallux malleus, digitus malleus), the metatarsophalangeal joint is overextended upwards and the interphalangeal joint is bent downwards. The distal phalanx finds itself in the medial position. When the distortion is even greater, it is known as claw toe. The basic cause is muscle weakness combined with reduced muscle activity.

**Exercises to strengthen the muscles of the little toes**

The aim of the exercises is to mobilise and strengthen the little toes, in order to correct the malposition. First comes the mobilisation:

- Hold the little toe with the thumb above and index finger below and pull it forwards
- While doing so, push the middle joint down gently until you feel resistance
- Hold this position still for approx. 15 seconds
- Repeat the exercise several times

This is followed by strengthening of the muscles:

- Press the heel and ball of the big toe firmly against the ground
- Spread the toes and position the stretched toes on the ground
- The middle part of the little toe should be stretched at this point
- Hold this position, with light pressure on the ground, for approx. 15 seconds

**Important:** It is not at all easy to control the corresponding muscles and perform the exercise in a controlled manner, so you should take the time to practice. Once you have mastered the movement, the next step is to perform it standing up and then while walking.

**Corrective socks**

**Hammer and claw toes**

The benefits at a glance

- The hammer and claw toe socks can be worn inside normal shoes
- Long wearing and therapy period without major restrictions
- No irritation of the skin
- The malposition is also corrected while walking

**Exercises to strengthen the muscles of the little toes**

- The taping band of the hammer and claw toe sock is constructed in a similar way to the muscle. It mobilises the toe joint and puts it back into the right position. In the process, the crooked toe is pulled into its original shape. This counters the associated consequences.
- When walking, the little toes perform a very important function in the push-off phase, which is no longer ensured with hammer and claw toe. Therapy at an early stage is therefore extremely important.

**Hallux Valgus**

Hammer and claw toes – malposition due to bending of the little toes

Hammer and claw toes are usually not a birth defect, but rather the consequence of foot malposition, made worse by hallux valgus or overly narrow footwear. In the case of a hammer and claw toe (hallux malleus, digitus malleus), the metatarsophalangeal joint is overextended upwards and the interphalangeal joint is bent downwards. The distal phalanx finds itself in the medial position. When the distortion is even greater, it is known as claw toe. The basic cause is muscle weakness combined with reduced muscle activity.

**Corrective socks**

**Function**

- The hammer and claw toe socks can be worn inside normal shoes
- Long wearing and therapy period without major restrictions
- No irritation of the skin
- The malposition is also corrected while walking

**Exercises to strengthen the muscles of the little toes**

- The aim of the exercises is to mobilise and strengthen the little toes, in order to correct the malposition. First comes the mobilisation:
  - Hold the little toe with the thumb above and index finger below and pull it forwards
  - While doing so, push the middle joint down gently until you feel resistance
  - Hold this position still for approx. 15 seconds
  - Repeat the exercise several times

- This is followed by strengthening of the muscles:
  - Press the heel and ball of the big toe firmly against the ground
  - Spread the toes and position the stretched toes on the ground
  - The middle part of the little toe should be stretched at this point
  - Hold this position, with light pressure on the ground, for approx. 15 seconds

**Important:** It is not at all easy to control the corresponding muscles and perform the exercise in a controlled manner, so you should take the time to practice. Once you have mastered the movement, the next step is to perform it standing up and then while walking.
The aim of the treatment is to correct the course of the joints in the big toes so that their movement becomes physiological again. This reduces pain and prevents the development of osteoarthritis in the metatarsophalangeal joint.

Hallux Valgus corrective socks can be used to treat the required degree of malposition thanks to the different correction strengths. There are three correction strengths: light, medium and strong.

The strap is certified organic. The orthopaedic aid number has been applied for.

Important: If you try to perform the movement in a controlled manner first, you will realise that it is not at all easy to consciously control the muscle. The nerve impulse, i.e. the conscious execution of the movement, is often no longer active. The rule is: activate the movement first, then strengthen as described above.

Exercise to strengthen the big toe abductor

Additional strengthening of the muscles is important. Various exercises that simultaneously relax and strengthen the musculature contribute to this.

Here is one example:

- Place foot on the ground
- Put more strain on the outside – especially the outer ball of the foot – than the inside
- Abduct the big toe inwards against the resistance of the ground
- Hold the stretch for ten seconds
- Relax the foot again
- Repeat the exercise three or four times

Corrective socks

Hallux Valgus corrective socks

AVAILABLE SIZES


INTENSITY

Light For easily correctable malpositions
Medium For medium-level malpositions
Strong For severe malpositions

COLOR

Dark blue/grey/black

Hammer and claw toes corrective socks

AVAILABLE SIZES


INTENSITY

One correction strength for all malpositions

COLOR

Black

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90% cotton
9% polyamide
1% polyurethane

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