

Mayo Clinic Medical Edge

Hammer Toe

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ALL IT TAKES IS ONE MISDIRECTED SWING WITH A HAMMER TO END UP WITH A VERY SORE THUMB OR FINGER. HAMMERTOES ON THE OTHER HAND...
Steven Kavros, D.P.M. Track 1 (16:09)	"IS A VERY COMMON DIGITAL OR TOE DEFORMITY."
	OFTEN THE RESULT OF WEARING HIGH HEELS OR SHOES THAT ARE TOO TIGHT IN THE TOES. IT'S THE PRESSURE, EXPLAINS MAYO CLINIC FOOT SPECIALIST DR. STEVEN KAVROS. THE TOE CONTRACTS AND BUCKLES, TENDONS BECOME TIGHT AND THE

	<p>JOINT BECOMES IRRITATED.</p> <p>SOMETIMES THE TOE REMAINS FLEXIBLE. OTHER TIMES IT LOCKS IN THAT BENT POSITION.</p> <p>TREATMENT DEPENDS ON HOW MUCH IT BOTHERS YOU. IT MAY BE AS SIMPLE AS BETTER FITTING SHOES WITH A LOWER HEEL, PADS OR INSERTS.</p>
<p>Dr. Kavros Track 1 (17:40)</p>	<p>“IF IT’S SYMPTOMATIC ENOUGH AND IT LIMITS LIFESTYLE OR THERE ARE UNDERLYING HEALTH PROBLEMS, IT MAY BE BEST TO HAVE IT STRAIGHTENED.”</p>
	<p>THAT MEANS SURGERY TO REMOVE A LITTLE OF THE BONE ALLOWING THE JOINT TO STRAIGHTEN</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
