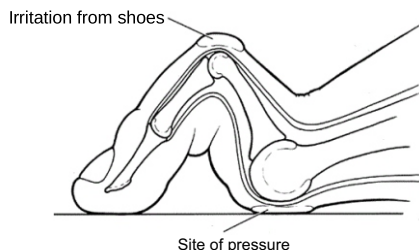


# Hammer Toes (Claw Toes/Mallet Toes)

## An anatomical deformity of the toe joints

Hammer toes (HT) is a condition where imbalances in tendon and joint capsule tightness on the top and bottom of the toe joints leads to deformities of the resting position of the toes. Over time, the toe joints become rigid and 'stuck' in the deformed position. This condition is primarily due to genetics but occurs frequently with bunions, rheumatoid arthritis, nerve damage, and high arches with fallen metatarsal arches. A HT is not painful, but wearing tight shoes that press on the raised joint can create pain, skin irritations and synovitis (joint inflammation). Pain in the ball of the foot (metatarsalgia) is more likely to develop with a HT.



To treat this condition, the metatarsal arch needs to be supported with a custom made orthotic to prevent the tendons from retracting further and shoes need to be modified with a simple stretch to prevent irritation.

### Further treatment modalities include:

Orthotics  
Orthotic Adjustments  
Orthopaedic Footwear (Deep or Stretchable Toe Box)  
Shoe Spot-Stretching to Accommodate the Joint  
Accessories: Gel Toe Sleeve, Budin Splint, Sling Taping  
Anti-Inflammatories (Oral and Topical)  
Injections: Steroid (Depo-Medrol, Kenalog, Decadron)  
Surgery  
Other \_\_\_\_\_

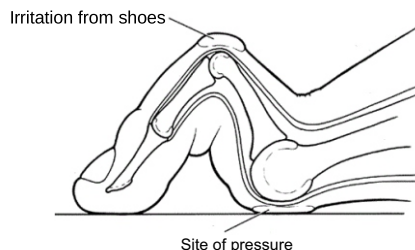
*"Put your feet in our hands"*

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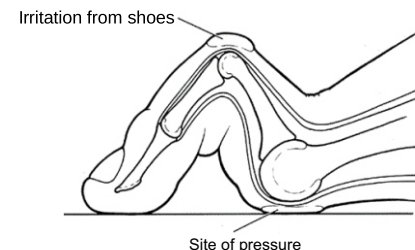
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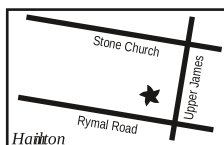


### TENDER MEDICAL TREATMENT FOR:

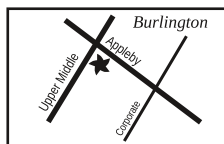
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic footwear
Custom orthotics	Shoe modifications
Compression Hose	Custom bracing

### FOOTCARE PLUS:

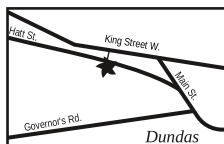
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to Family Physician
7. Fully private treatment suites
8. Licensed to prescribe medications if necessary
9. Recognized by major insurance carriers
10. Direct billing to many insurance companies



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 Phone: 905-681-2388  
 Fax: 905-681-1871



**HEWAK FOOT CLINIC**  
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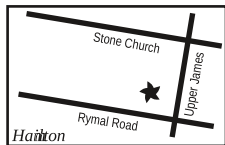


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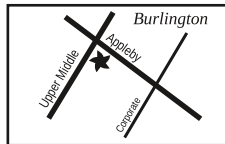
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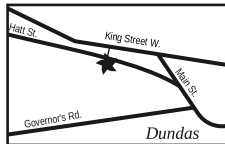
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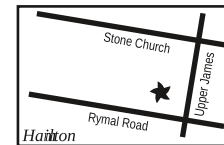


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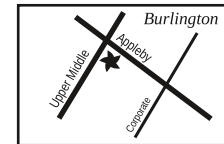
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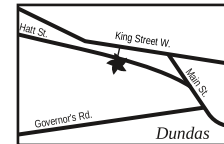
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