




# Non-surgical Management of the Hammertoe

GLATA Presentation  
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- 
- **The views expressed in these slides and today's discussion are mine.**
  - **My views may not be the same as the views of my company's clients or my colleagues**
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# Hammertoe - Big & middle



# Most Common Foot Deformities

## 1. Types of crooked toes

- 1.1 Hammertoe
- 1.2 Mallet Toe
- 1.3 Claw Toe
- 1.4 Curly Toe
- 1.5 Bunions
- 1.6 Overlapping and Underlapping Toes

## 2. Causes and Risk Factors

- 2.1 Inappropriate Footwear
- 2.2 Foot Trauma
- 2.3 Medical Conditions
- 2.4 Genetics and Birth Defects
- 2.5 Risk Factors

# Most common foot deformities continued

## 3. Symptoms of Crooked Toes

## 4. How to Fix Crooked Toes

### 4.1 Appropriate Footwear

#### 4.1.1. Tips for Choosing Shoes for Crooked Toes

### 4.2 Physical Therapy & Stretches

### 4.3 Orthotics

#### 4.3.1. Toe Separators, Straighteners, and Spacers

#### 4.3.2. Top loops and Bandages

#### 4.3.3. Foot Cushions and Pads

### 4.4 Ice Therapy

### 4.5 Medication

### 4.6 Crooked Toes Surgery

## Hammertoe examples



# Hammertoe examples



# Hammertoe examples

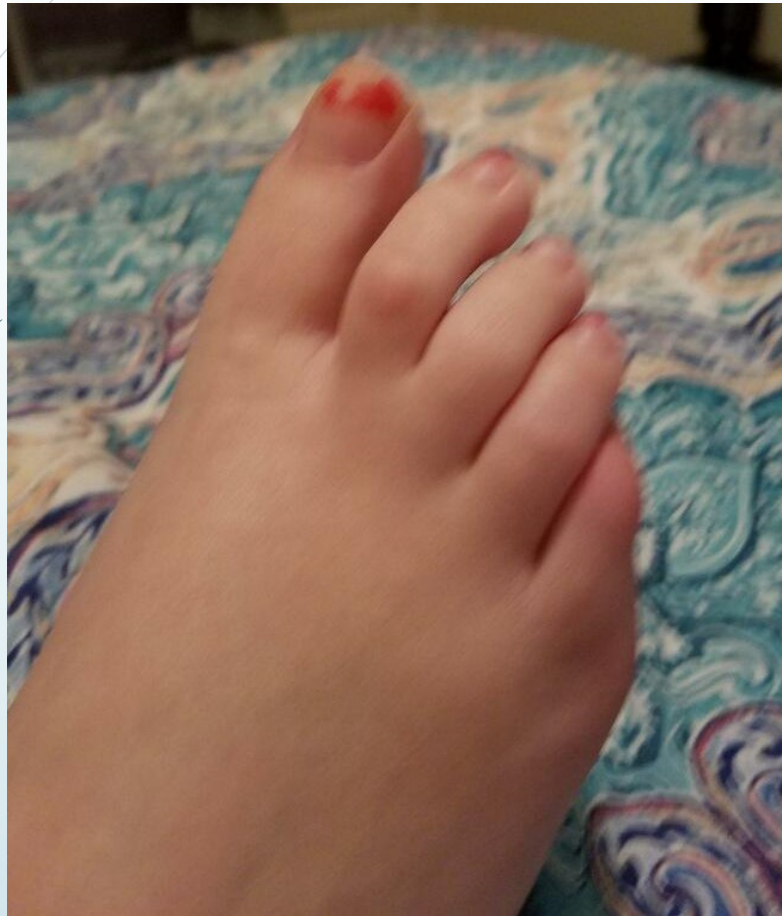




# Hammertoe examples

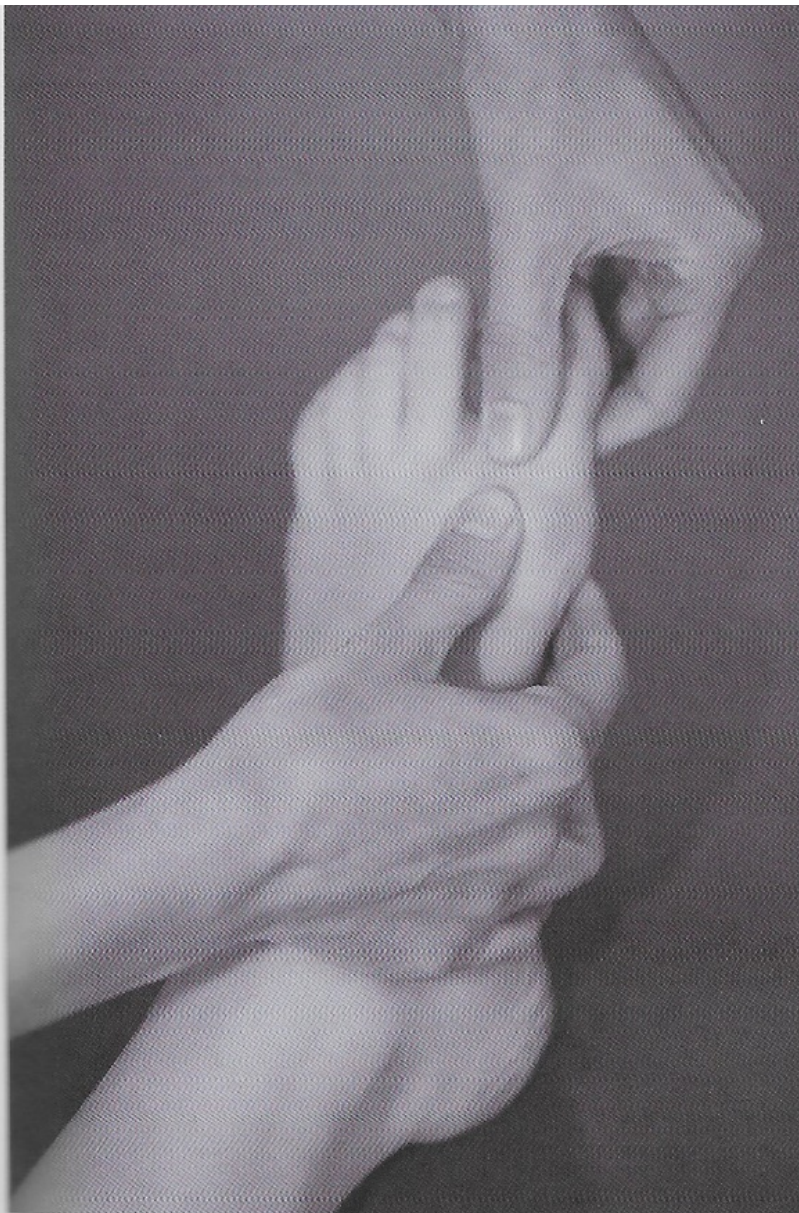


# Hammertoe examples





*Figure 1.73*  
Self-massage of toes



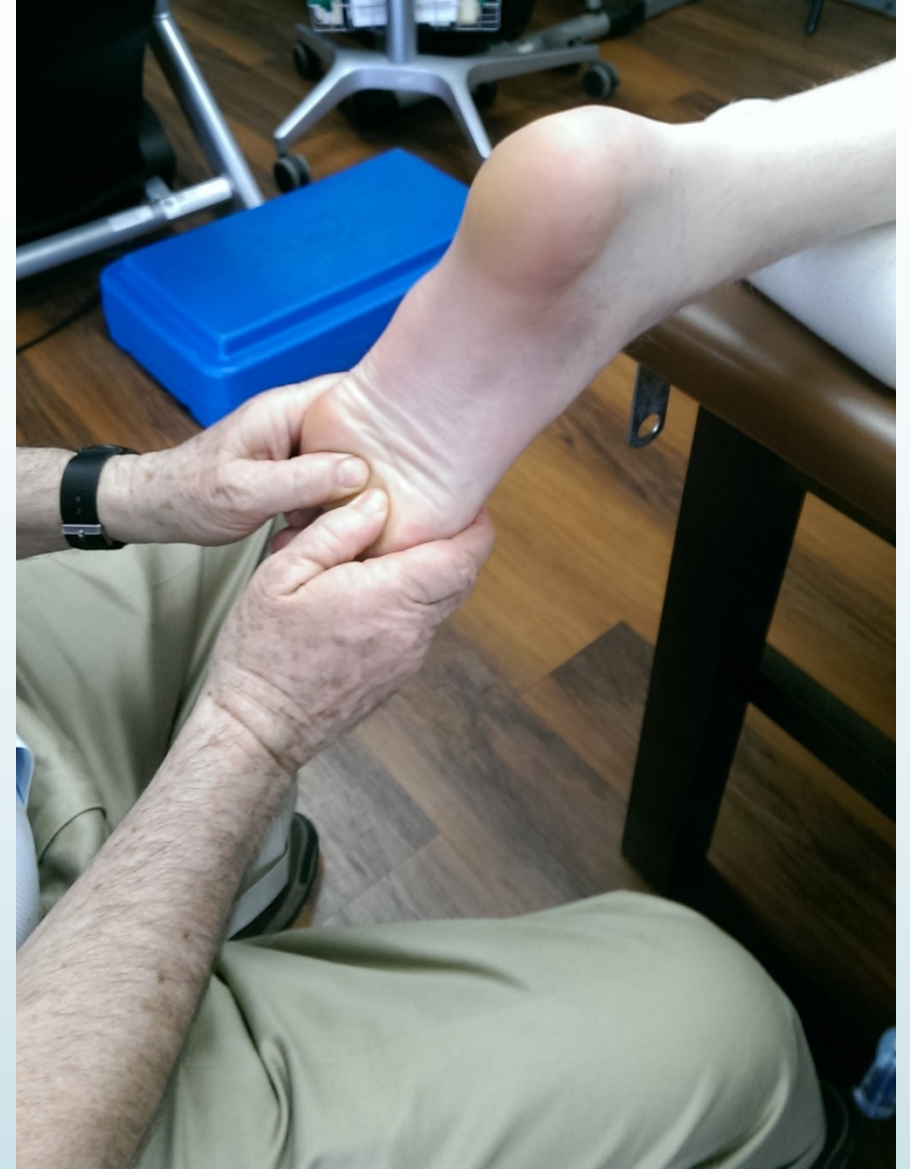
*Figure 1.67*  
Practitioner hands-on



*Figure 1.74*

Using a pinky ball for the transverse arch and lengthening toes

# Manual Approach





# Centered

Organizing the Body through  
Kinesiology, Movement Theory  
and Pilates Technique

Madeline Black

Forewords  
Blandine Calais-Germain  
and Andry Vleeming

  
HANDSPRING  
PUBLISHING

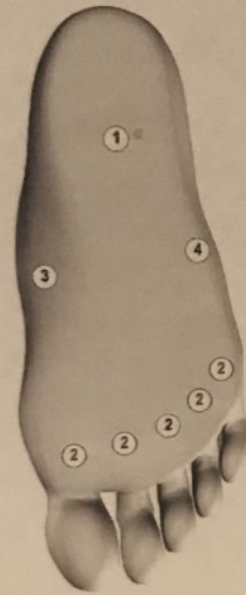
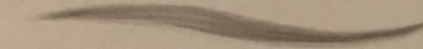


Figure 1.2  
Foot map

**Point 1**

This is at the heel (called the calcaneus).



- Place the rubber ball in the center at the front edge of the heel (Fig. 1.3); a tender point may be felt where the arch of the foot fascia meets at the heel.
- Step gently onto the point. Repeat 3 times.

Using the foot, roll the ball to the first toe ball for point 2 (Fig. 1.4).

**Point 2**

This point has five places for each toe along the knuckles of the toes (the metatarsal bones). From toe one through toe five, the toe knuckles or ball of the foot make an arch transversely.



- Start working point 2 with the small ball underneath the first toe ball.
- Step gently onto the ball, and the toe will automatically lengthen.

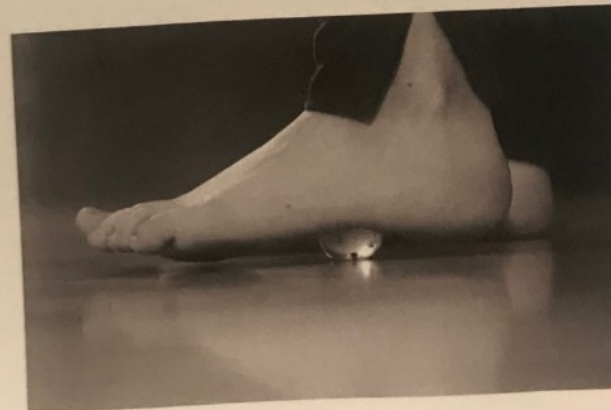
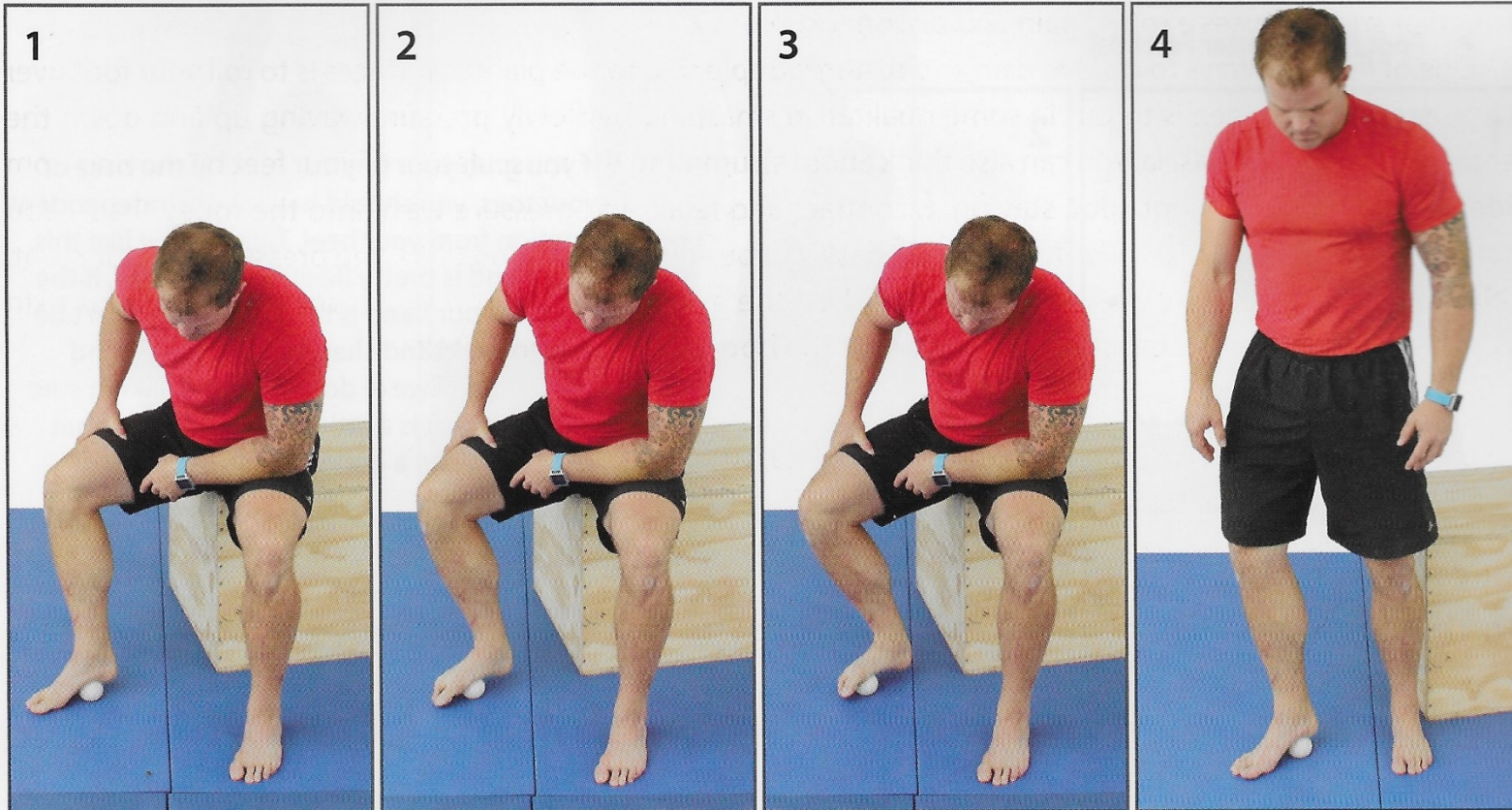


Figure 1.3  
Point 1







### 1-3

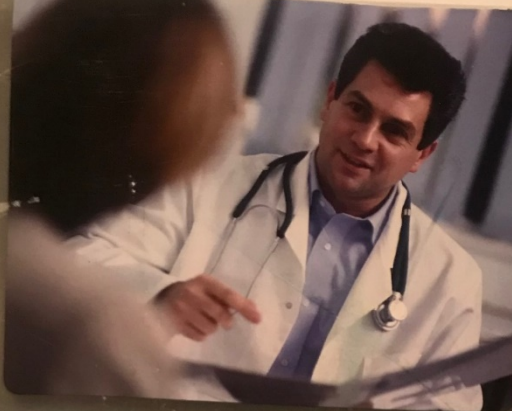
Step on a lacrosse ball, positioning it anywhere on your plantar surface, and apply as much pressure as you can handle. You can contract and relax on stiff areas and pressure wave up and down or across the tissue. The key is to take your time and focus on qualitative smashing. One of the biggest mistakes that people make is to roll their foot over a ball with zero intention or purpose. It should take you at least a minute to traverse the length of your foot.

### 4

To get more weight over the ball and increase pressure, do this mobilization while standing.

Supple Leopard

# FOOT DEVICES



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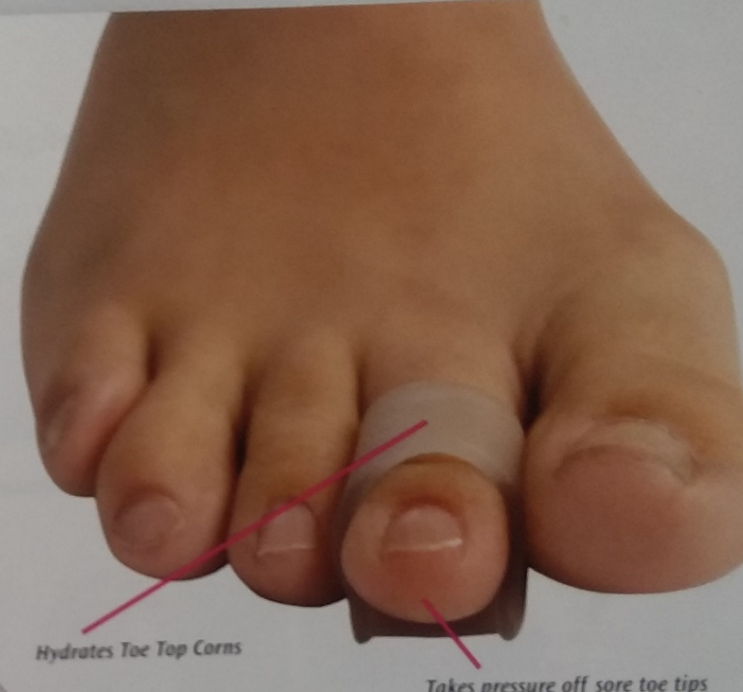
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**21 New Products...  
See Inside!**

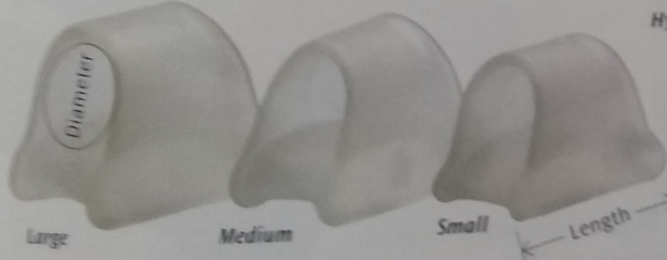
**New!**  
**Visco-GEL®  
Hammer ToeCrutch®**  
Relief for Hammer or "Claw" Toes  
Innovative New Single-Toe Design

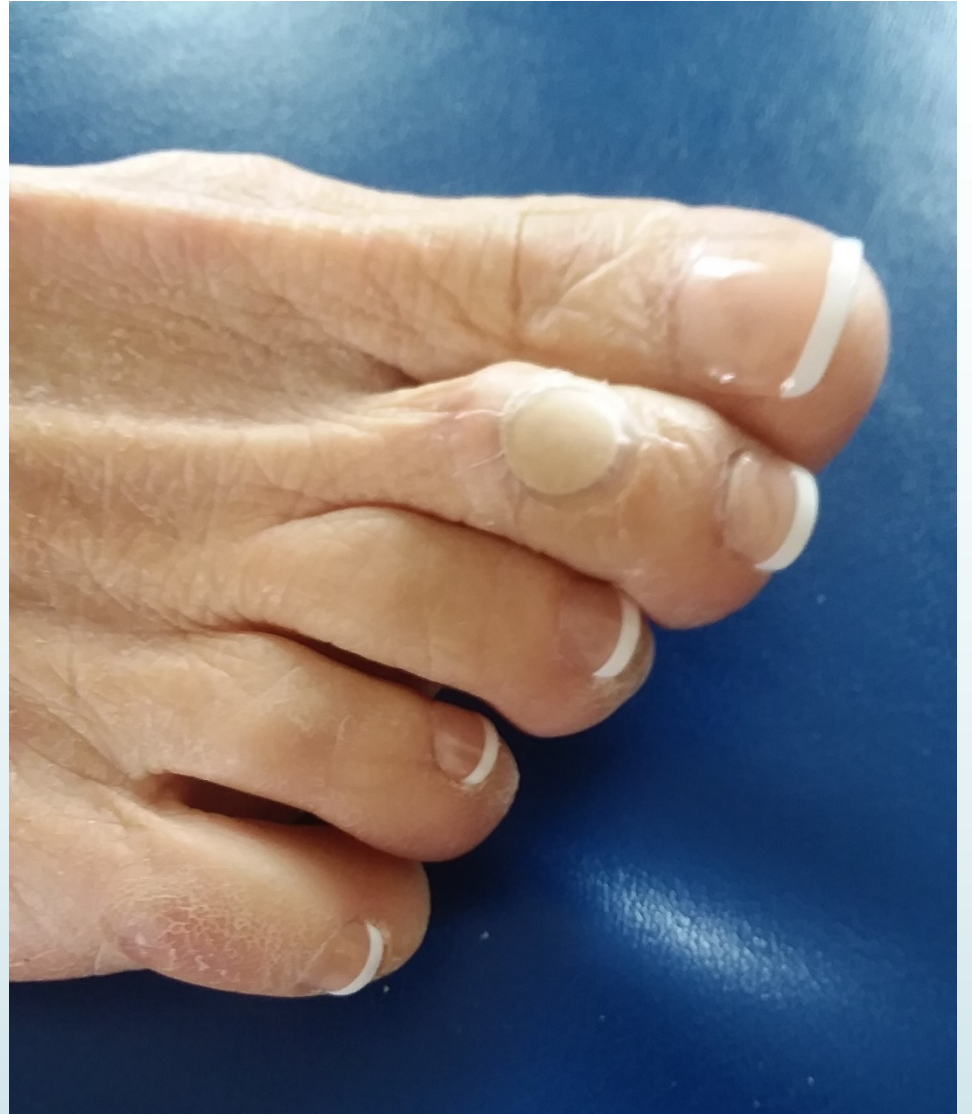
Specially contoured to support the sulcus, elevate toe tip and relieve distal pressure. Helps involve hammer and claw toes in gait for improved biomechanics. Soft, extra-wide, Visco-Gel® toe loop protects, hydrates & softens typical "PIP" toe-top corns, and keeps device in place.

4/pk	Item#	Price
Small	#1037-S	\$7.65
Medium	#1037-M	\$7.65
Large	#1037-L	\$7.65



**Hammer ToeCrutch® Sizing Chart**  
Small fits smaller toe (small buttress, 13 mm diameter Gel toe loop, 28 mm length)  
Medium fits average toes (medium buttress, 14 mm diameter Gel toe loop, 32 mm length)  
Large fits big toes (large buttress, 16 mm diameter Gel toe loop, 37 mm length)





# Plantar Stretch Sock



# Swiss wave therapy



# GETTING Cupped



## How does dry cupping work?



A glass cup is warmed by heating an alcohol-soaked cotton ball inside of it. This removes the oxygen in the cup, which creates a vacuum.



The cup is turned upside down and placed on the patient's back. The vacuum created by the lack of oxygen anchors the cup in place and draws the skin into the cup.



As the skin is drawn up into the cup, blood vessels on the skin's surface expand. The cups are left for 10-15 min.

### Where to do it

People who use the cups, such as the back and stomach, and to prevent stress, the arms and legs, and the preferred sites for treatment.



### Effects

Drawing up the skin in the cup is believed to open up the skin's pores, which helps to stimulate:

- The flow of blood
- Balances and realigns the flow of qi
- Breaks up obstructions
- Creates an avenue for toxins to be drawn out of the body

**What it treats**

In China, cupping is used primarily to treat conditions such as:

- Rheumatism
- Calcification
- Back and sprain
- Stroke
- Intoxication
- Dizziness
- Pain
- Headache
- Migraine
- Cancer
- Kidney
- Liver
- Gallbladder
- Stomach
- Intestine
- Urinary
- Bladder
- Prostate

Cupping has also been used to treat:

- Infertility
- Diabetes
- Allergies
- Depression
- Anxiety
- Insomnia
- Pain
- Headache
- Migraine
- Cancer
- Kidney
- Liver
- Gallbladder
- Stomach
- Intestine
- Urinary
- Bladder
- Prostate

**What it does**

DRY CUPPING: The skin is pulled up into the cup, which creates a vacuum. This is believed to open up the skin's pores, which helps to stimulate the flow of blood and qi.

WET CUPPING: The skin is pulled up into the cup, which creates a vacuum. This is believed to open up the skin's pores, which helps to stimulate the flow of blood and qi. The cups are left for 10-15 min.

### The cups

Most cupping cups are made of glass or plastic. Some cups are made of bamboo or silicone. The cups are used to create a vacuum on the skin, which is believed to stimulate the flow of blood and qi.



# Chinese Cupping



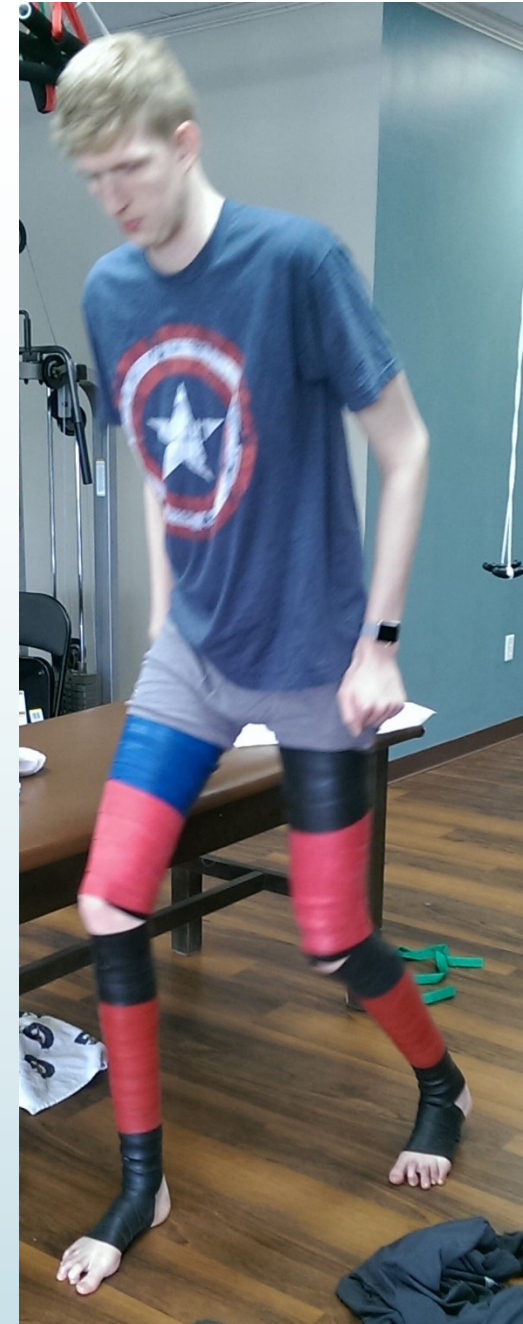




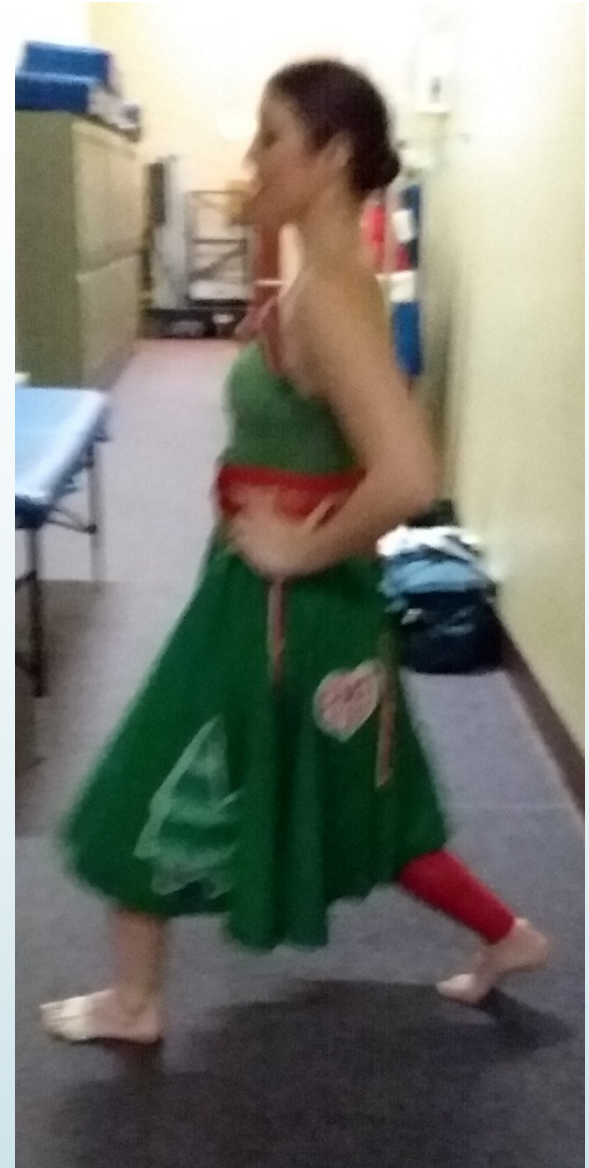
High Transparent  
**Silicone Cupping Jar**

Patent No.: EP2799204, US9573305

# Flossing (myofascial release)

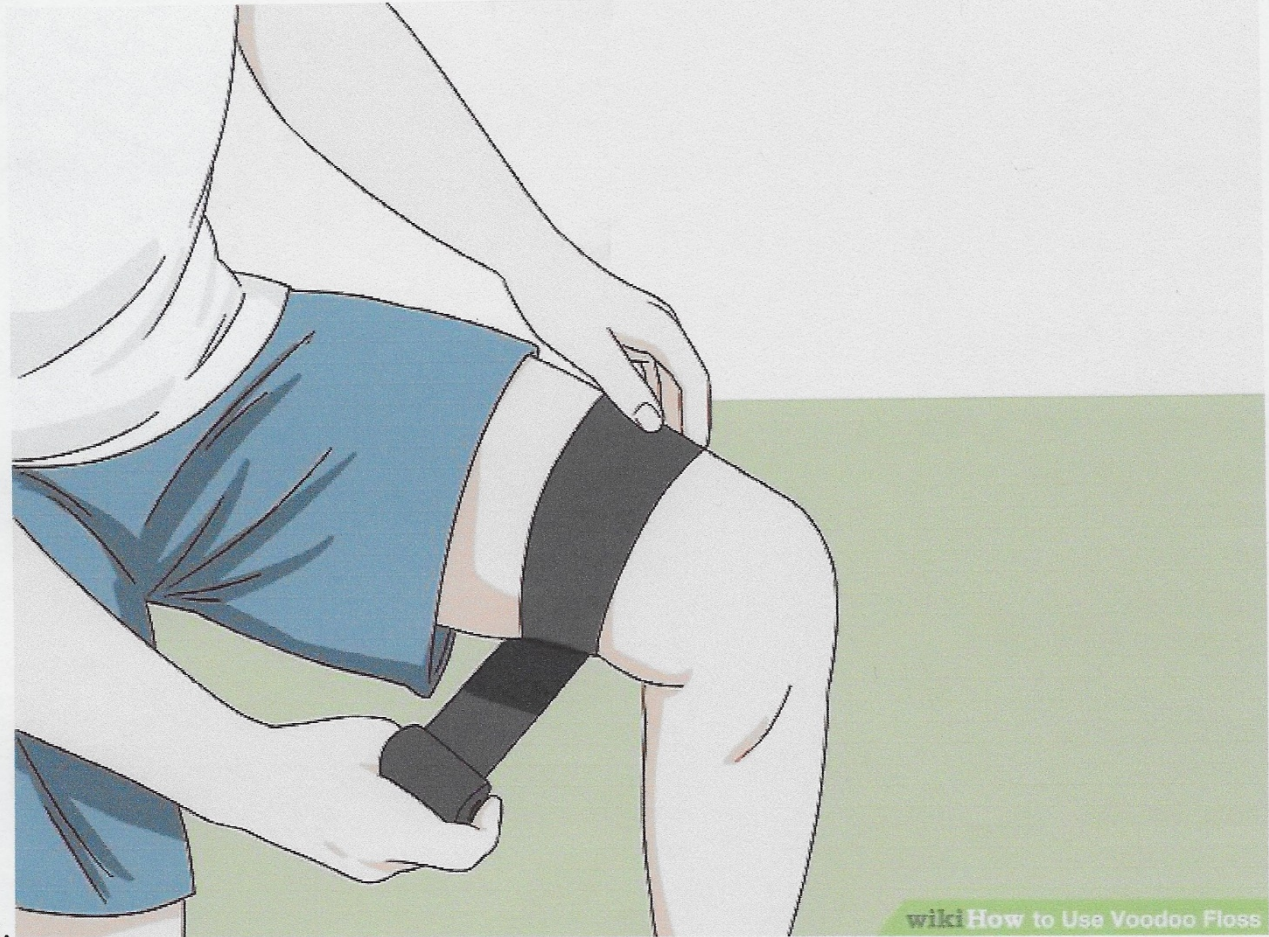


# Flossing



## Method 1

### Using it for Hip Mobility



1.

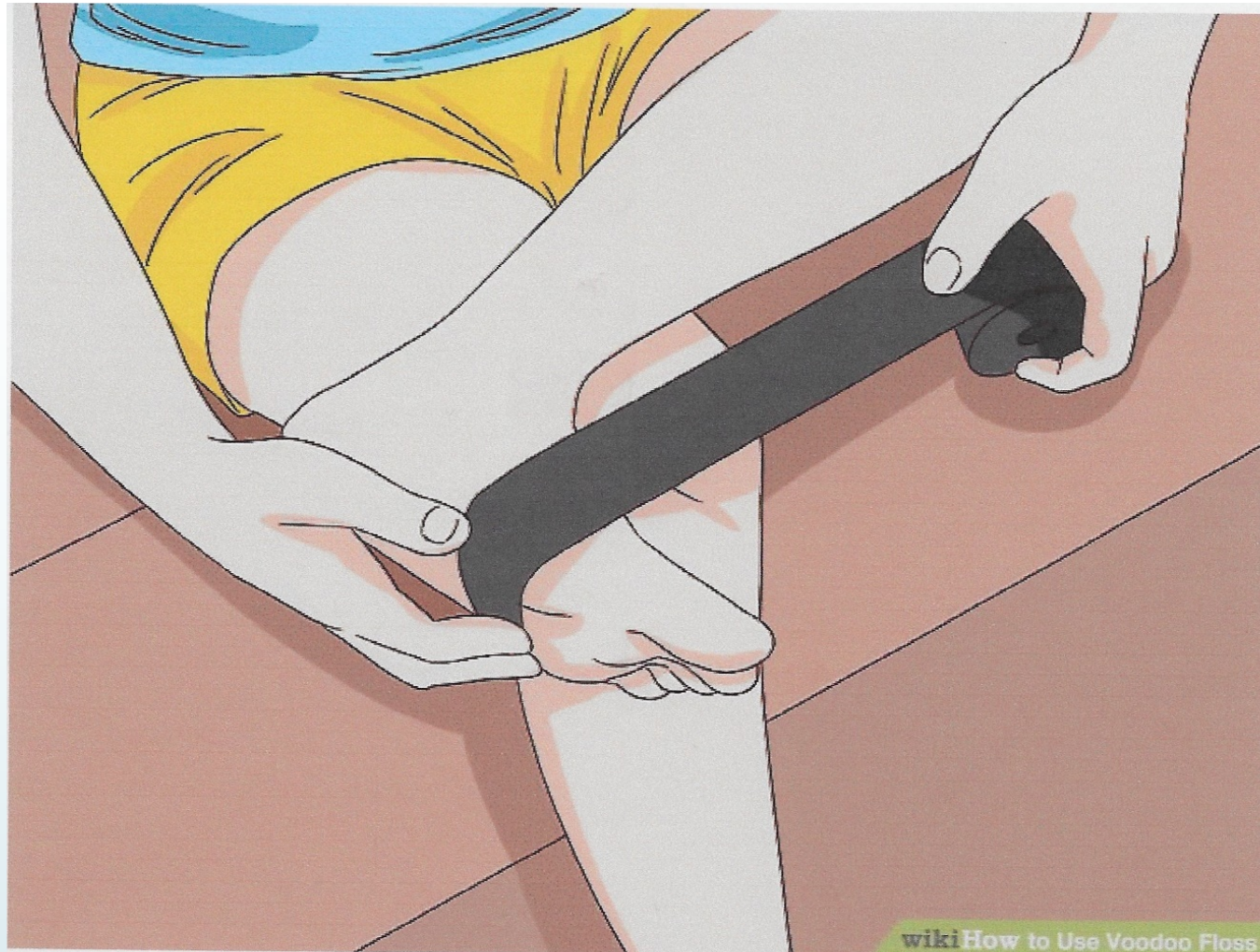
1

**Start the voodoo floss just below your hip.** Place the end of the floss on top of your thigh, then wrap the floss once around. You shouldn't be wrapping it as tightly as possible – use about half of the stretch/tension available in the band.<sup>[1]</sup>



6

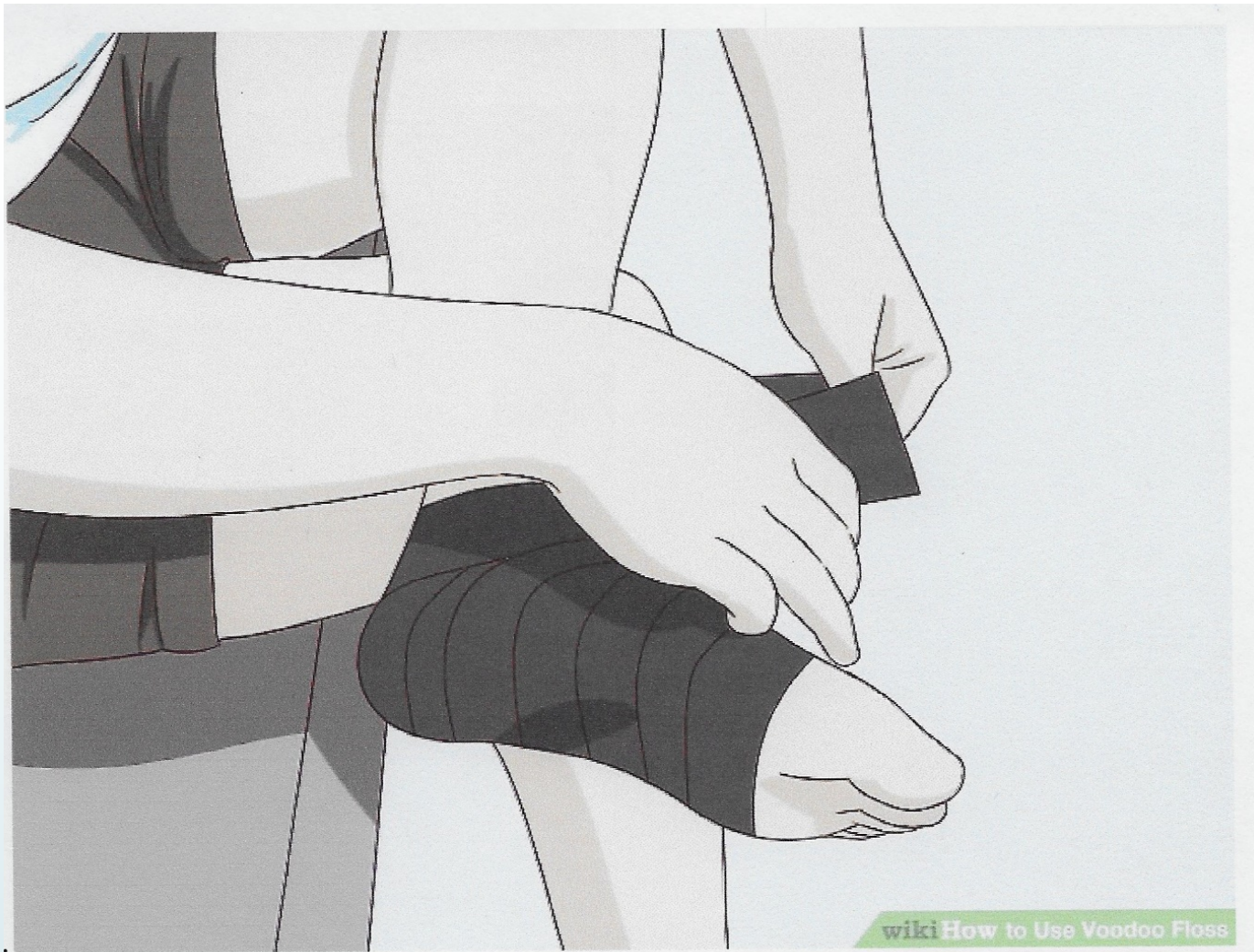
**Perform 5 to 10 squats.** Stand with your legs just more than shoulder-width apart. Your feet should be pointing slightly away from center. Then squat so that your knees extend just over your feet and your butt almost touches the floor. Perform 5 to 10 squats, squatting as deeply as you can.<sup>[6]</sup>



2

**Begin wrapping at the arch of your foot.** Place the end of the floss on the top of your foot at your arch. Then wrap the floss around your foot about 3 times, slowly moving back toward your heel.

- Make sure your foot stays in a neutral position as you wrap your foot and ankle.



3

**Skip over your heel and begin wrapping your ankle.** Once you reach your heel, let a little extra floss through your hands and begin wrapping the ankle.

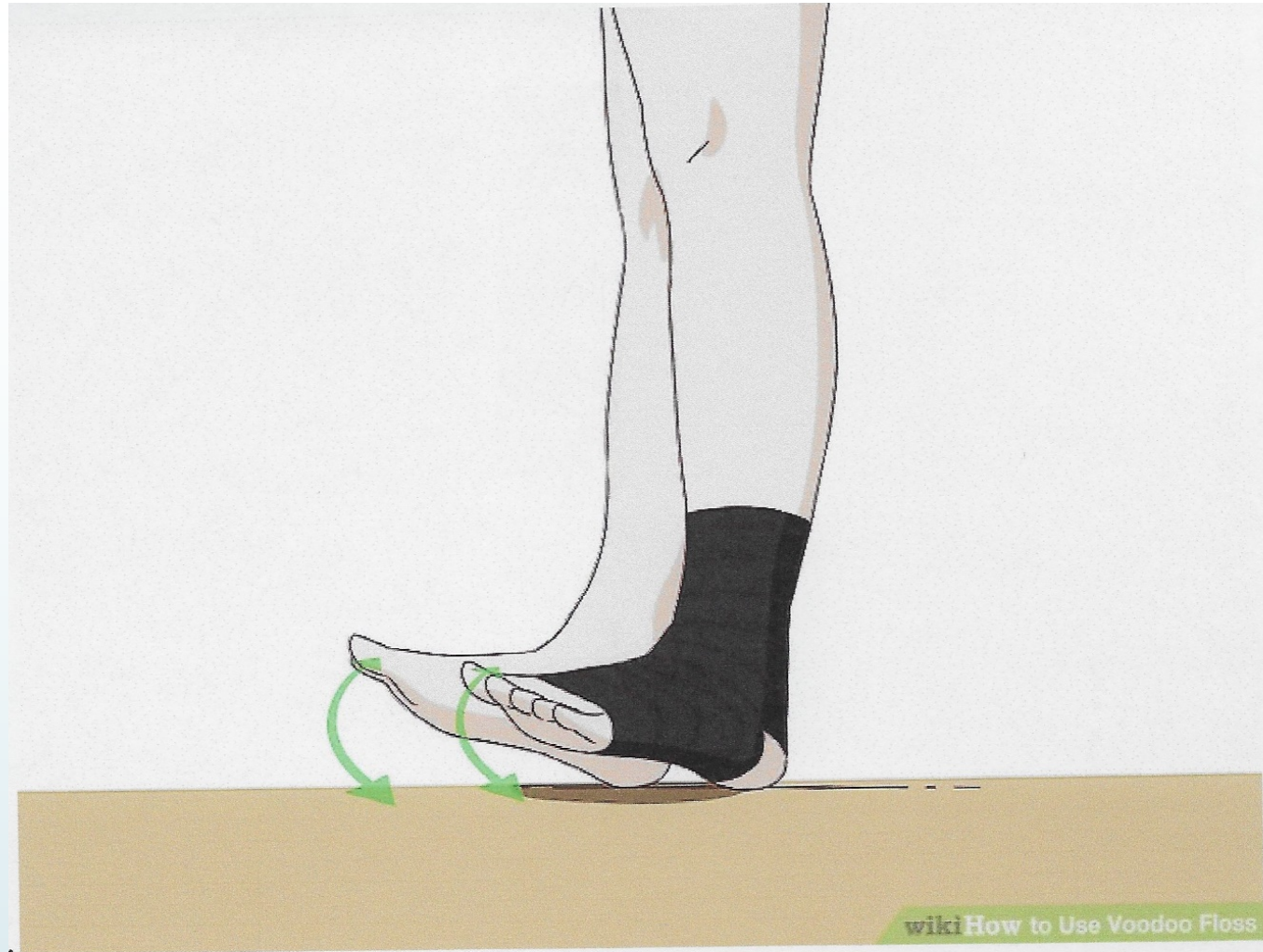
- You'll need to skip your heel to make sure you still have enough range of motion to work out your ankle.



5

**Flex and rotate your ankle while seated.** Once your foot is wrapped, extend your leg out so your foot is off the ground but your knee is still slightly bent. Flex your foot back and then point it forward. Then you can rotate your ankle, moving it both clockwise and counterclockwise. Flex and rotate your ankle for about 1 minute to warm up the tissue.[\[10\]](#)





6

**Perform toe raises.** Stand with your feet shoulder-width apart. Then slowly lift your heels off the ground, bearing the weight of your body on your toes. As soon as you reach the top of your range of motion, slowly lower your heels back to the ground. Then raise them off the ground again. Do this for 20 seconds.<sup>[11]</sup>



7

**Perform dorsiflexion.** Once you've done toe raises for 20 seconds, add a dorsiflexion to the end. When you lower your heels back down, bend slightly at the knee and lower your body until your knees are just over your feet. Then raise your body back up, take the weight off your heels, and do a toe raise. Repeat this whole process for about 20 seconds.<sup>[12]</sup>



wikiHow to Use Voodoo Floss

8

**Hop for a few seconds.** Once you've flexed and stretched your ankles, hop on both feet, bringing them just off the floor. This will warm up the tissue well if you're planning on going for a run after. [\[13\]](#)

# STANDING CALF STRETCHES



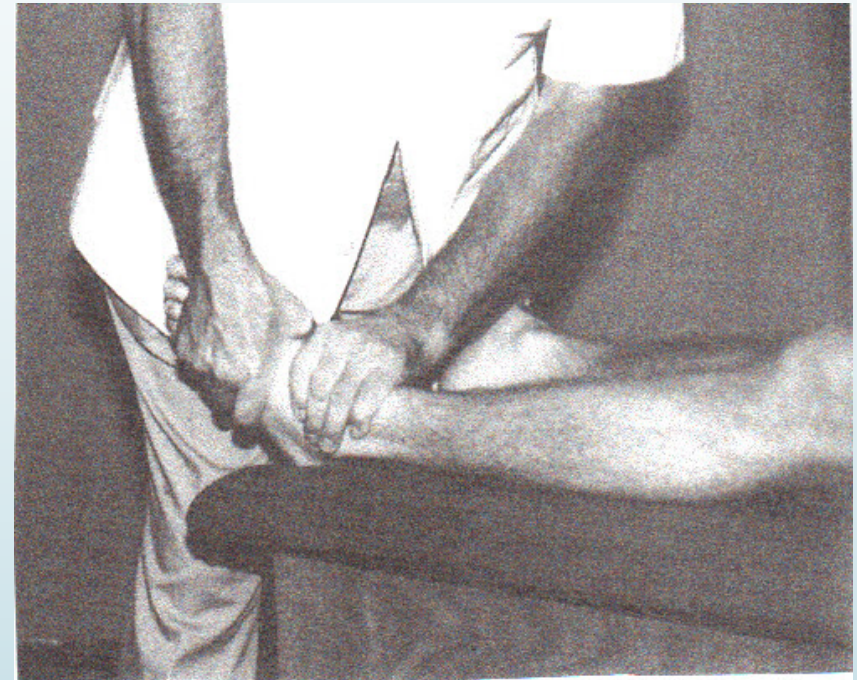
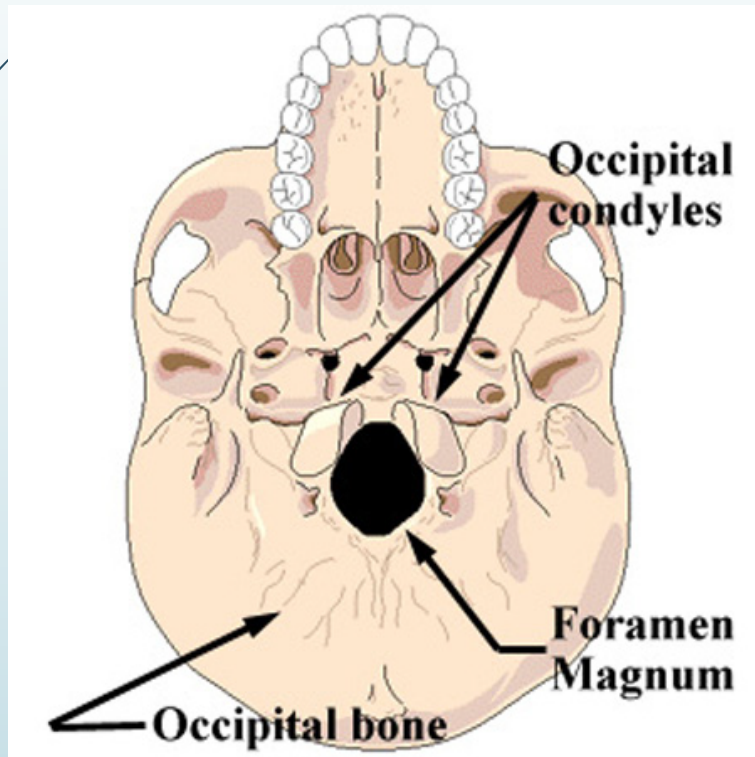
- (1) Gastrocnemius Stretch: Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds.
- (2) Soleus Stretch: Keep back leg slightly bent at the knee and keep heel flat on floor. Lean into wall until stretch is felt in lower calf. Hold for 30 seconds.
- (3) Repeat on other leg.



Another way to stretch calf muscle

# Regional Interdependence or “Interregional Interdependence”

- ▶ Distal and proximal regions of the body do interact. Example: treated anterior talus on the right will invoke a right rotation on C1 which restricts motion on Occiput-C1



A dark grey arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

# Correction with an orthotic

- ▶ **Just a pair of OTC or custom orthotics may be all that is needed.**



# **“Cliff Note” version of S.W.A.P.**

Dominant eye over patient

## **Prone**

1. PSIS palpation (superior) (sphinx position on elbows) for torsions.
2. PSIS palpation (inferior) (hug the table – flat)
3. Vertebral rotations faults
4. Check for posterior femoral head
5. Iliopsoas (hip flexor)
6. Check for superior sacrum

## **Supine**

7. Bridge to neutralize S-I joint
8. ASIS palpations (optional)
9. Internal hip rotation
10. Leg length
11. S-I joint side glide/hip slide glide

## **Sitting**

12. Tibial rotation



**S. W. A. P.**

**Stretching With A Purpose**

**Hip & SI joint assessment  
With stretching program**

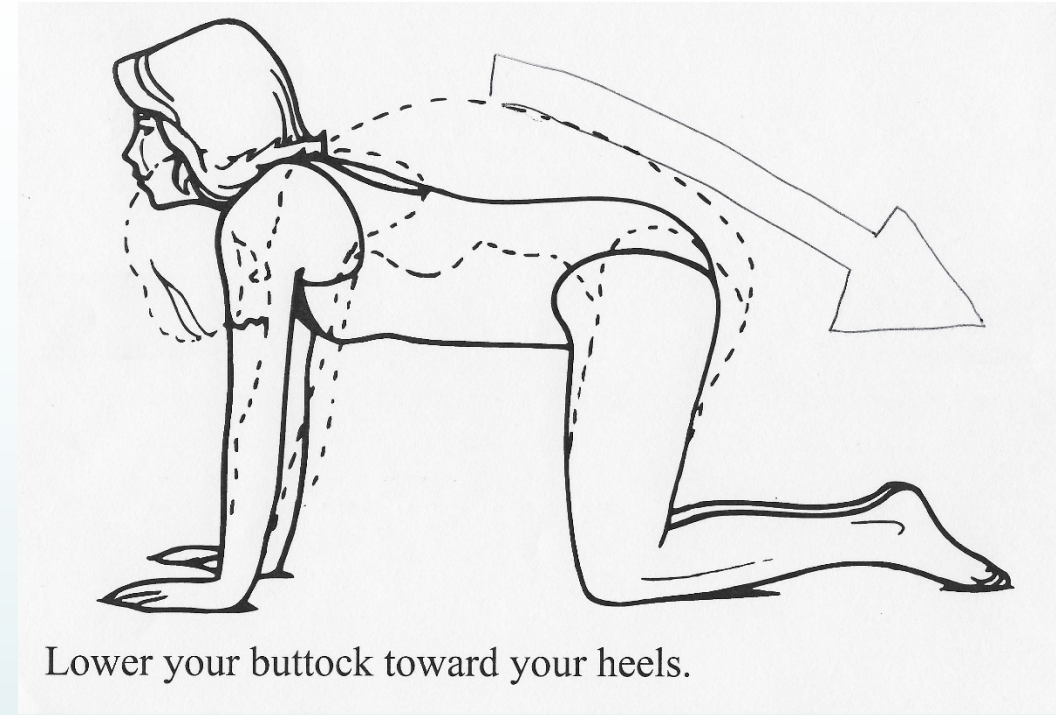
**Craig Consulting, LLC**  
**David H. Craig, LAT, ATC**

02/10/



# Single Knee to Chest





**Prayer Stretch or Child's Pose:** This stretch is for the lower back muscles along the spine and is a very common yoga pose. On your hands and knees, sit back so your buttocks is resting on your heels. Reach your hands forward to lengthen your spine and feel a stretch in your middle back. You can reach your hands to either side to focus the stretch on the opposite side of your spine. Hold for 10-30 seconds and perform 2-3 repetitions.



**Correction of forward bent on horizontal axis**  
**S-2 Sacral horizontal spring**  
**Ogasus and Hesch 15 mins**

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