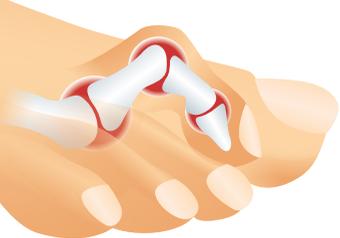


Corrective socks

Hammer and claw toes

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.



Untreated, it can lead to stiffening of the toe joints, and in the long term to arthritis and bruising with increased callusing.



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.



Function

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 counteracts stiffening and the associated consequences.

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 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 joint 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 practise. Once you have mastered the movement, the next step is to perform it standing up and then while walking.

Corrective socks

Hallux Valgus Hammer and claw toes

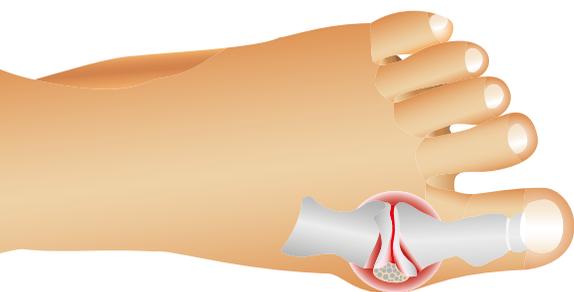


Corrective socks

Hallux Valgus

Hallux Valgus – misalignment of the big toes

Predisposition to the foot condition hallux valgus is often inherited. In addition, wearing the wrong footwear encourages this malposition. High heels (over 3–4 cm) and shoes that are too narrow and do not give the toes enough space are primary causes of the misalignment of the big toes towards the little toes. Possible consequences include pain, restricted mobility and osteoarthritis of the metatarsophalangeal joint.



The shoe and its correct form have top priority when it comes to hallux valgus.

Look for a broad basic shape (the big toes should sit straight) and flat heels, and ensure that there is no pressure on the ganglion.



Two areas of application

Post-operative:
To support operative correction following a hallux valgus operation

Preventative:
To prevent the emergence or progression of a malposition

Function

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.

Corrective socks

Hallux Valgus

The benefits at a glance

- Wearing for eight hours = eight hours of therapy
- The socks can also be worn inside shoes
- No irritation of the skin in comparison to taping
- No daily replacement
- The malposition is also corrected while walking

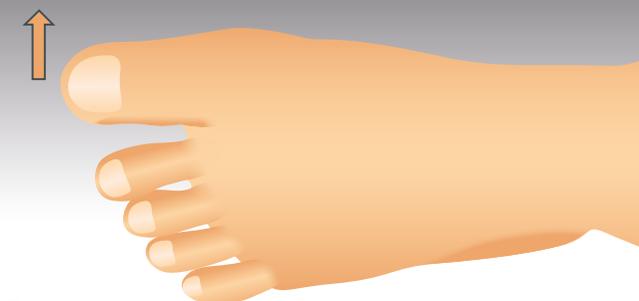
In everyday life

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.

As the socks can be worn with slippers and outdoor shoes, the corrective effect is carried out over a long period and continuously. This makes a long treatment period possible.

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

90% cotton
9% polyamide
1% polyurethane



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

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.

Corrective socks

Hallux Valgus Hammer and claw toes

Hallux Valgus corrective socks

AVAILABLE SIZES
33–34 35–36 37–38 39–40 41–42 43–44 45–46

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
33–34 35–36 37–38 39–40 41–42 43–44 45–46

INTENSITY

One correction strength for all malpositions

COLOR

Black



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