

Clawing Nature of the Foot Toe

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Abstract

Claw toes, because the name implies, are toes bent into an abnormal claw like shape. The condition usually happens to the four smaller toes of your foot and it's the center and end joints (the joints furthest far away from your ankle) that buckle. Ulcers may develop in diabetic patients due to decreased foot sensitivity. Claw toes can cause pain because your toes get pushed down into the soles of your shoes. Corns or calluses may result from the pressure and rubbing on the bottom of the shoe or on the top of the toes. Rarely, infections may occur.

Keywords

Foot Toe; Diabetes; Arthritis

Introduction

People often blame the common foot deformity claw toe on wearing shoes that squeeze your toes, such as shoes that are too short or high heels. However, claw toe also is often the result of nerve damage caused by diseases like diabetes or alcoholism, which can weaken the muscles in your foot. Having claw toe means your toes "claw," digging down into the soles of your shoes and creating painful calluses. Claw toe gets worse without treatment and may become a permanent deformity over time.

Most of the time an imbalance of foot muscles typically causes claw toes. Specifically, your toe muscles contract too far, tighten the tendons and bend the joints. Foot muscles become unbalanced due to the following factors:

- Genes
- Ill-fitting shoes.
- Nerve damage caused by diabetes.
- Rheumatoid arthritis or osteoarthritis.
- Nerve damage cause by alcoholism.
- Charcot Marie Tooth Disease.
- Spinal cord tumors.
- Polio and cerebral palsy.
- The stroke side foot is affected.
- Trauma.

Caused by pressure and rubbing, corns and calluses are common in people who have claw toes. A bent joint can rub against the inside of a shoe, and so can the bottom of your foot. Corns are small and round and calluses are larger and have a more irregular shape. They may or may not be painful.

Underlying disorders that can cause claw foot include

- Rheumatoid arthritis is considered to be an autoimmune disorder which is responsible due to defect of immune system in directly, attacking the tissues of the joints and ultimately, leads to the inflammation and deformities of the joint bones.

- Cerebral palsy (CP). This condition can affect your muscle tone, resulting in muscles that are either too stiff or too loose. It can be caused by abnormal brain development before birth or injury during delivery.
- Charcot Marie Tooth disease (CMT). This is a rare inherited disorder that can affect your nervous system. If you have this condition, it can cause weakness in your feet and toe deformities.

Stroke. Is the condition described as the stoppage of the blood flow to the specific area of the brain, and its main cause is due to the damage to the nerve cells that has the capability to affect the muscles of the feet too.

Deformities seen in the claw toe can be flexible at its early stage but its gets harder by the time and thus, physician will recommend holding the toe in its original position with the help of some small rod or alike support. The following are the advice given by the doctor to a patient:

- The patient have to wear the soft and the plump shoes or slippers, avoid using the high or pointed heels.
- Hands should be used for stretching the claw toe as to avoid any seriously damage to the claw toe.
- Make the claw toe to exercise by making it to pick up the marbles or the crumbled towel from the floor as to making the toe movements easier.

Conflict of Interest

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.

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