

Overlapping Toes

Definition

Many disorders can affect the joints in the toes, causing pain and preventing the foot from functioning as it should. People of all ages can experience forefoot problems. Overlapping toes can occur in any of the toes and can cause extreme irritation if not corrected.

Cause

Many disorders can affect the joints in the toes, causing pain and preventing the foot from functioning as it should. People of all ages can experience forefoot problems. Overlapping toes can occur in any of the toes and can cause extreme irritation if not corrected.

Treatment and Prevention

Any problems that cause pain or discomfort in the toes should be given prompt attention. Ignoring the symptoms can aggravate the condition, and lead to a breakdown of tissue or even infection.

Conservative treatment (non-surgical treatment) of overlapping toes begins with accommodating the disorder. Shoes with a high, broad toe box (toe area) are recommended for people suffering from overlapping toes.

Forefoot supports such as gel toe straighteners, gel toe caps and toe combs are often

recommended to keep overlapping toes apart. These effective devices are designed to reduce friction to help relieve the discomfort.

If problem persists, consult your foot doctor.



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