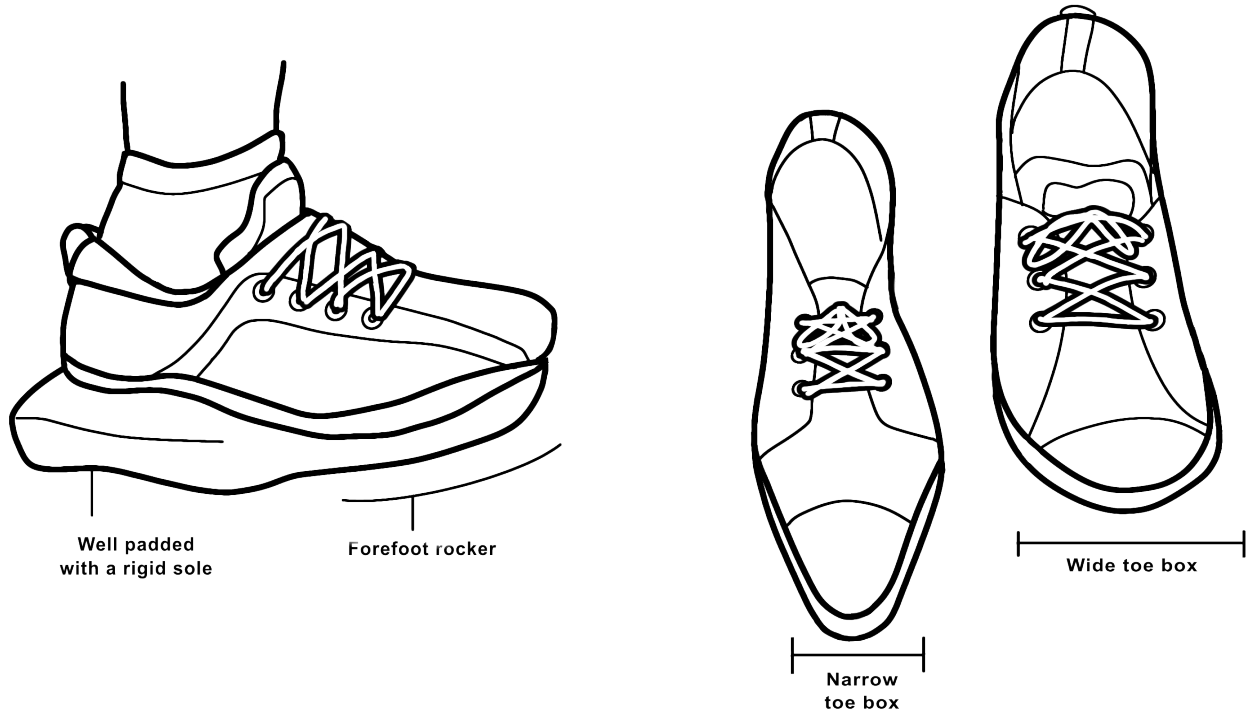

Hallux Valgus, Lesser Toe Deformities, Forefoot Overload

Non-Operative Treatment Modalities

Rigid Soled Shoes with Forefoot Rocker & Wide Toe Box

Shoes should have a rigid sole that does not bend, be well padded, have a forefoot rocker so you can roll off the shoe instead of your foot, and come in wider toe box sizes so that the metatarsals are not being compressed together side to side.



Toe Spacers, Splints, Buddy Taping

These don't reverse the deformity of hallux valgus or the lesser toes but may have a role in slowing progression and managing some of the symptoms such as the toes rubbing together. There are a variety of different ones, choose one that is comfortable for you.

Sometimes using neighbouring toes as splints by buddy taping can be helpful. Be sure to place a pad between the toes or check them regularly so the webspace does not get macerated.

Gastrocnemius Stretching

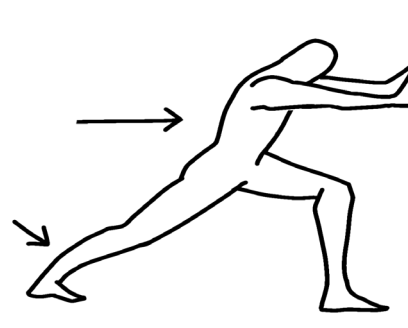
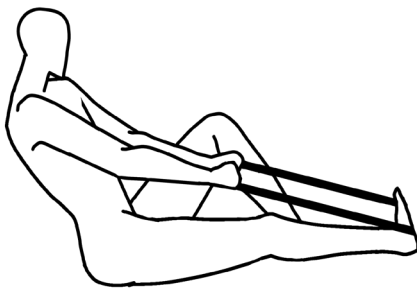
Stretch the calf muscles with the knee extended and the heel centered under the ankle.

Sitting Towel Stretch

Sit with knee straight and towel wrapped around the foot. Gently pull on the towel until a stretch is felt behind the calf. This should be done passively.

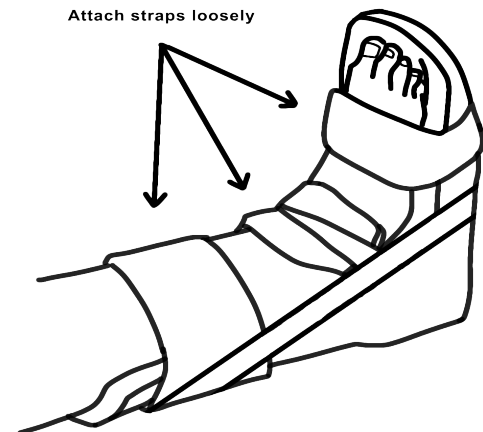
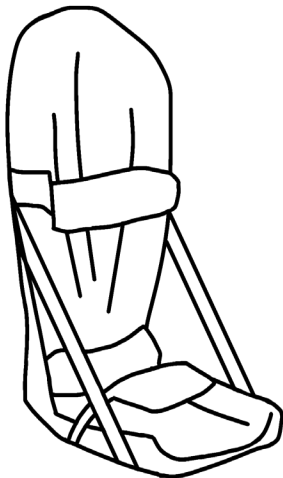
Standing Calf Stretch

Stand in front of a wall with the non affected leg in front. The knee in front should be bent. On the affected side, have the hip and knee extended. The foot should be flat on the ground with the heel touching the floor. Lean forward until a stretch is felt behind the calf of the back leg.



Night Splint

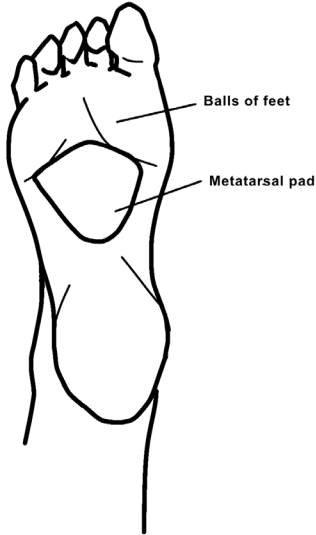
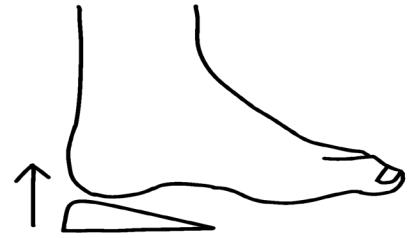
The night splint is an open boot that should be worn at night on the affected side or alternating sides each week if both sides affected. Use with a wedge under the heel if the calves are tight. The straps on either side should be applied loosely. The ankle should be in your ankle's neutral position which could be less than 90deg plantarflexion depending on how tight you are. This should be comfortable and should not feel like the calf is being actively stretched during sleep.



Dr. S. Ge MD, FRCSC
Kootenay Orthopaedics & Sports Medicine
305-1101 Dewdney Avenue, Trail, BC
P: (250) 364-1599 F: (250) 368-8886

Heel Lift

A heel lift can be worn inside the shoes, or shoes with a bit of a heel can be worn. This will help to alleviate stress across the forefoot during activities.



Metatarsal Pads

Metatarsal pad inserts or orthotics with metatarsal pads should be placed so that the “bump” is just proximal to the balls of the feet to offload the metatarsal heads. The pads should not be placed directly under the metatarsal heads but a padded shoe may be helpful to decrease pressure directly over the metatarsal heads

Consider Orthotics for Planovalgus Alignment

If you have planovalgus foot and ankle alignment, specific orthotics may be improve alignment and gait. This should be assessed by a medical professional.

If you have a component of cavovarus foot alignment, you may benefit from an orthotic that corrects the hindfoot valgus and supports the forefoot supination. These orthotics should not be “arch supports”. They should have a deep heel cup to correct the hindfoot out of valgus. Forefoot supination should be supported with a medial forefoot wedge that tapers from the toes towards the heel. A heel lift can be built in as needed.