

DEFINITION

1. The term **hammer toe** denotes a fixed flexion deformity of an interphalangeal joint of the foot.

CLINICAL MANIFESTATIONS

2. A painful bursa and callus may overlie the dorsal prominence of the flexed interphalangeal joint. The tip of the toe is broadened and thickened with callus, as a result of excessive pressure. The metatarsal head becomes depressed and callus covers its plantar aspect. The second toe is the most commonly affected.

AETIOLOGY

3. The precise explanation of the deformity is unknown but it is presumed that an imbalance of the arrangement of flexor and extensor tendons is responsible. The condition seems to be congenital since it is often bilateral, associated with other defects and other members of the same family are affected.
4. The condition may be initiated and encouraged by tightly fitting shoes or a valgus displacement of the large toe.

CONCLUSION

5. **Hammer toe** is a characteristic deformity of a toe. It is thought to be a primary congenital condition. Ill-fitting footwear or displacement of the adjacent toe may initiate or exacerbate the condition.

REFERENCE

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