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Toe Injuries and Disorders

Fourteen of the 26 bones in your feet are in your toes. The toes, particularly your big toe, help you move and keep your balance. Playing sports, running, stubbing your toe, and dropping something on your foot can damage your toes. Wearing shoes that are too loose or too tight can also cause toe problems. Certain diseases, such as severe arthritis, can cause toe problems and pain. Gout [<https://medlineplus.gov/gout.html>] often causes pain in the big toe.

Common toe problems include :

- Corns [<https://medlineplus.gov/cornsandcalluses.html>] and bunions
- Ingrown toenails [<https://medlineplus.gov/naildiseases.html>]
- Sprains and dislocations
- Fractures [<https://medlineplus.gov/fractures.html>] (broken bones)

Treatments for toe injuries and disorders vary. They might include shoe inserts or special shoes, padding, taping, medicines, rest, and in severe cases, surgery.

Diagnosis and Tests

- Foot Problems [<https://familydoctor.org/symptom/foot-problems/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-los-pies/?adfree=true>]
- Search the Foot and Ankle Conditions: Interactive Foot Diagram [<https://www.foothealthfacts.org/foot-ankle-conditions/search-the-foot-ankle>] (American College of Foot and Ankle Surgeons)

Treatments and Therapies

- Bunionette Deformity Correction [<https://www.footcaremd.org/foot-and-ankle-treatments/toes/bunionette-deformity-correction>] (American Orthopaedic Foot and Ankle Society)
- Frequently Asked Questions about Bunion Surgery [<https://www.foothealthfacts.org/article/frequently-asked-questions-about-bunion-surgery>] (American College of Foot and Ankle Surgeons)
- Replantation of digits - series [https://medlineplus.gov/ency/presentations/100097_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100097_1.htm]

Related Issues

- 10 Points of Proper Shoe Fit: How Do You Find the Right Shoes? [<https://www.footcaremd.org/resources/how-to-help/10-points-of-proper-shoe-fit>] (American Orthopaedic Foot and Ankle Society)
- Bone Healing [<https://www.foothealthfacts.org/conditions/bone-healing>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foothealthfacts.org/conditions/bone-healing?lang=es-MX>]

Specifics

- Broken Toe [<https://www.mayoclinic.org/diseases-conditions/broken-toe/symptoms-causes/syc-20370463?p=1>] (Mayo Foundation for Medical Education and Research)
- Bunions (Hallux Abducto Valgus) [<https://www.foohealthfacts.org/conditions/bunions>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/bunions?lang=es-MX>]
- Capsulitis of the Second Toe [<https://www.foohealthfacts.org/conditions/capsulitis-of-the-second-toe>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/capsulitis-of-the-second-toe?lang=es-MX>]
- Fractures of the Fifth Metatarsal [<https://www.foohealthfacts.org/conditions/fractures-of-the-fifth-metatarsal>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/fractures-of-the-fifth-metatarsal?lang=es-MX>]
- Hallux Rigidus [<https://www.foohealthfacts.org/conditions/hallux-rigidus>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/hallux-rigidus?lang=es-MX>]
- Hammertoe [<https://www.foohealthfacts.org/conditions/hammertoe>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/hammertoe?lang=es-MX>]
- Hammertoe and Mallet Toe [<https://www.mayoclinic.org/diseases-conditions/hammertoe-and-mallet-toe/symptoms-causes/syc-20350839?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/hammertoe-and-mallet-toe/symptoms-causes/syc-20350839?p=1>]
- Neuromas [<https://www.apma.org/patients-and-the-public/conditions-affecting-the-foot-and-ankle/neuromas/>] (American Podiatric Medical Association)
- Sesamoid Injuries in the Foot [<https://www.foohealthfacts.org/conditions/sesamoid-injuries-in-the-foot>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/sesamoid-injuries-in-the-foot?lang=es-MX>]
- Tailor's Bunion (Bunionette) [[https://www.foohealthfacts.org/conditions/tailor-s-bunion-\(bunionette\)](https://www.foohealthfacts.org/conditions/tailor-s-bunion-(bunionette))] (American College of Foot and Ankle Surgeons)
Also in Spanish [[https://www.foohealthfacts.org/conditions/tailor-s-bunion-\(bunionette\)?lang=es-MX](https://www.foohealthfacts.org/conditions/tailor-s-bunion-(bunionette)?lang=es-MX)]
- Toe and Metatarsal Fractures (Broken Toes) [[https://www.foohealthfacts.org/conditions/toe-and-metatarsal-fractures-\(broken-toes\)](https://www.foohealthfacts.org/conditions/toe-and-metatarsal-fractures-(broken-toes))] (American College of Foot and Ankle Surgeons)
Also in Spanish [[https://www.foohealthfacts.org/conditions/toe-and-metatarsal-fractures-\(broken-toes\)?lang=es-MX](https://www.foohealthfacts.org/conditions/toe-and-metatarsal-fractures-(broken-toes)?lang=es-MX)]
- Turf Toe [<https://www.foohealthfacts.org/conditions/turf-toe>] (American College of Foot and Ankle Surgeons)
Also in Spanish [<https://www.foohealthfacts.org/conditions/turf-toe?lang=es-MX>]

Videos and Tutorials

- Bunion [<https://medlineplus.gov/ency/anatomyvideos/000019.htm>]  (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/anatomyvideos/000019.htm>]

Clinical Trials

- ClinicalTrials.gov: Bunion [<https://clinicaltrials.gov/search?cond=%22Bunion%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Return to Sport and Radiographic Postoperative Outcomes After Grade 3 Turf... [<https://www.ncbi.nlm.nih.gov/pubmed/40474355>]
- Article: Pediatric Rupture of Hallux Interphalangeal Joint Lateral Collateral Ligament. [<https://www.ncbi.nlm.nih.gov/pubmed/40036738>]

• Article: Case Report Tendon Rerouting and Transfer for Atraumatic Rupture of the...
[<https://www.ncbi.nlm.nih.gov/pubmed/39946511>]

• Toe Injuries and Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Toe+Joint%2Finjuries%22%5Bmajr%5D+OR+%22Toes%2Finjuries%22%5Bmajr%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D>]

Find an Expert

- American Podiatric Medical Association [<https://www.apma.org/>]
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>] 
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

Patient Handouts

- Broken toe - self-care [<https://medlineplus.gov/ency/patientinstructions/000520.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000520.htm>]
- Bunion removal [<https://medlineplus.gov/ency/article/002962.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002962.htm>]
- Bunions [<https://medlineplus.gov/ency/article/001231.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001231.htm>]
- Clubbing of the fingers or toes [<https://medlineplus.gov/ency/article/003282.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003282.htm>]
- Hammer toe [<https://medlineplus.gov/ency/article/001235.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001235.htm>]
- Hammer toe repair [<https://medlineplus.gov/ency/article/007559.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007559.htm>]
- Hammer toe repair - discharge [<https://medlineplus.gov/ency/patientinstructions/000575.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000575.htm>]
- Polydactyly [<https://medlineplus.gov/ency/article/003176.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003176.htm>]



MEDICAL ENCYCLOPEDIA

- Broken toe - self-care [<https://medlineplus.gov/ency/patientinstructions/000520.htm>]
- Bunion [<https://medlineplus.gov/ency/anatomyvideos/000019.htm>]
- Bunion removal [<https://medlineplus.gov/ency/article/002962.htm>]
- Bunion removal - discharge [<https://medlineplus.gov/ency/patientinstructions/000191.htm>]
- Bunion removal - series -- Normal anatomy [https://medlineplus.gov/ency/presentations/100005_1.htm]

Bunions [https://medlineplus.gov/ency/article/001231.htm]

Clubbing of the fingers or toes [https://medlineplus.gov/ency/article/003282.htm]

Hammer toe [https://medlineplus.gov/ency/article/001235.htm]

Hammer toe repair [https://medlineplus.gov/ency/article/007559.htm]

Hammer toe repair - discharge [https://medlineplus.gov/ency/patientinstructions/000575.htm]

Polydactyly [https://medlineplus.gov/ency/article/003176.htm]

Repair of webbed fingers or toes [https://medlineplus.gov/ency/article/002969.htm]

Replantation of digits [https://medlineplus.gov/ency/article/002967.htm]

Replantation of digits - series [https://medlineplus.gov/ency/presentations/100097_1.htm]

Webbing of the fingers or toes [https://medlineplus.gov/ency/article/003289.htm]

Related Health Topics

Corns and Calluses [https://medlineplus.gov/cornsandcalluses.html]

Foot Health [https://medlineplus.gov/foothealth.html]

Foot Injuries and Disorders [https://medlineplus.gov/footinjuriesanddisorders.html]

National Institutes of Health

The primary NIH organization for research on *Toe Injuries and Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [http://www.niams.nih.gov/]

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