



Congenital curly toes

Podiatry Service

Congenital curly toes

This is a condition that is present at birth and tends to affect the 2nd 3rd 4th and 5th toes on one or both feet.

Causes

Congenital curly toes are usually caused by the tendon running underneath the toes being too tight pulling the tip of the toe underneath the toe next to it down to the sole of the foot. We do not know what causes this tightness but it has been noted that it can run in several generations being inherited.



Symptoms

The symptoms of curly toes are that the toes overlap or cross, most of the time this does not cause any complications or discomfort to your child. In some cases there may be rubbing from footwear or hard skin forming where the toes rub together there may also be damage to the nail.

Podiatry Service

☎ Telephone 0300 0032 144
 ✉ Email: acecic.communitygateway.nhs.uk

How common are curly toes?

We do not know exact numbers but we know it is one of the most common foot complaints in children.

Treatment.

Some curly toes will resolve once your child is standing and walking.

From birth treatment is massage of the toes into a straight position. If this does not correct then buddy strapping, where the curly toe is taped to the toe next to it, is used. Once a child is over 2yrs old silicone rubber toe splints are made to straighten the toe.

In some cases a referral to orthopaedics is required for surgical correction, this is normally performed under general anaesthetic and involves the tendon being lengthened

Service provided by: