

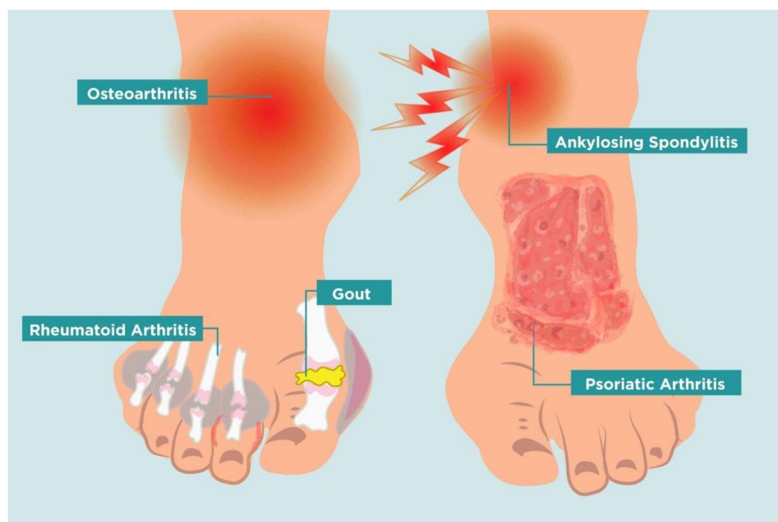
Foot care For Arthritis

Covering Hammer Toe and Bunions

There are currently 5 known variables of arthritis in the feet these being:

- Osteoarthritis
- Rheumatoid Arthritis
- Gout
- Psoriatic Arthritis
- Ankylosing Spondylitis

These conditions affect either a single foot or both and can be associated with swelling, stiffness and pain. For the most accurate diagnosis consult your local GP or clinician.



The diagram to the left shows how each of the listed variables affects different areas of the feet.

You can also see clearly why I have chosen to include both Hammer Toe and Bunions on this fact sheet also, as arthritis tends to effect the bone structure of the feet over a period of time and therefore arthritis is linked with these two following conditions.

When looking at arthritis, other conditions must be taken into consideration when selecting footwear as all these variables must be accommodated for.

Why shoes are more important than you think!

Bunions

Bunions are quite a common occurrence and generally not damaging. If you do have a particularly painful bunion or it is causing you distress it can be removed by surgery.

A bunion is a bony bump which forms on the joint of the big toe, as you can see on the diagram above, it protrudes outwards pushing the big toe towards the others in turn creating a curve. This might be the time to consider using gel pads.

When accommodating for bunions width of shoe and padding need to be considered.

Hammer Toe

Hammer toe is the consequence of tightening and shortening of tendons and muscles in the toe causing the toe to bend. Hammer toe is usually caused by ill fitting shoes which are too short or narrow.

You can experience significant rubbing to the top of the bent toe when wearing shoes.

There are 2 types of Hammer toe, flexible and rigid. Flexible means your toe can still move and is a less serious variant and more treatment options are available; a rigid hammer toe may need surgery to be corrected.

When accommodating for Hammer toes, toe boxes must be considered.

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Covering Hammer Toe and Bunions

In order to prevent subsequent conditions caused by arthritis such as Hammer toe and Bunions you should consider the following aspects when choosing appropriate footwear:

- **Comfort, Comfort, Comfort**

- Larger Toe Box

- Avoiding tight or narrow shoes

Sorry no winkle-pickers gents and no stiletto's ladies! Hate me now, thank me later!

- Opt for a box or round shape shoe

- Low heel

- Wider shoes

- Orthopaedic Insoles

- Gel Pads

- Soft cushioning

- Fully lined

Fully lined shoes will mean there is no exposed stitching which could rub over time.

- Seamless Socks

These will prevent unnecessary rubbing over hammer toes.

- Thick Soles

For those that suffer with Osteoarthritis may benefit from a curved heel often referred to as rocker heels, these will take the pressure off the big toe and spread the weight more evenly.

- Shock Absorption

Seems like quite a shopping list I'm sure! You might be thinking you'll never find all that !

Well you don't have to. You know your conditions anyone and you know which of the above listings will benefit you most.

Aids such as Gel Pads and orthotics can be purchased separately or created bespoke for you and therefore transferable from one pair of shoes to the next.

How can Percy Stride help?

[Percy Stride shoes](#) do accommodate for extra width and you can view our [size chart here](#), if you love our shoes but are uncertain about the fit we urge you to contact us for advice. The severity of your condition will depend on whether the shoes can serve your needs.

Should you want to move forward with a bespoke option we recommend:

[Bill Bird Shoes](#) located in the Cotswolds - Bill will assess your condition and create lasts and designs specifically for you.

Or alternatively [Special Footwear](#) located in London can look to create bespoke orthotic inserts and insoles based on your needs.