

Case Study

Shirlee H.



Diagnosis:

- Hammertoe Contracture with Non-Healing Wound (right 3rd toe)

Procedure(s):

- Soft Tissue Hammertoe Correction (right 3rd toe)

Technique:

Attention was directed to the dorsal aspect (top surface of foot) of the right third metatarsal phalangeal joint. An incision and blunt dissection was carried down until the extensor tendon was identified. Both extensor digitorum longus (foot muscles that extend toes 2-5) and brevis tendons were identified and transected at this location. Next, dorsal capsulotomy was performed through the same incision site. This allows for plantarflexion (movement of the foot and toes downward) of the third toe at the metatarsal phalangeal joint.

Attention was then directed to the plantar aspect (bottom of foot) of the right third toe proximal interphalangeal joint where a small incision was made. The flexor tendon was identified and transected at the proximal interphalangeal joint. The toe was dorsiflexed (or bended upward) into a more corrected position, and the right third toe was then splinted into its corrected position.

In just under two weeks, the toe and wound was completely healed in this 91-year-old patient. The before photo was taken on 11-5-25, and the after photo was taken on 11-18-25.

