

## Case Study

Shirlee H.



**Diagnosis:**

- Hammertoe Contracture (right 3rd toe)

**Procedure(s):**

Hammertoe Correction

**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. A small incision was made at the top of the foot, and a dorsal capsulotomy was performed. 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 inner phalangeal 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.