

# Toe Injuries

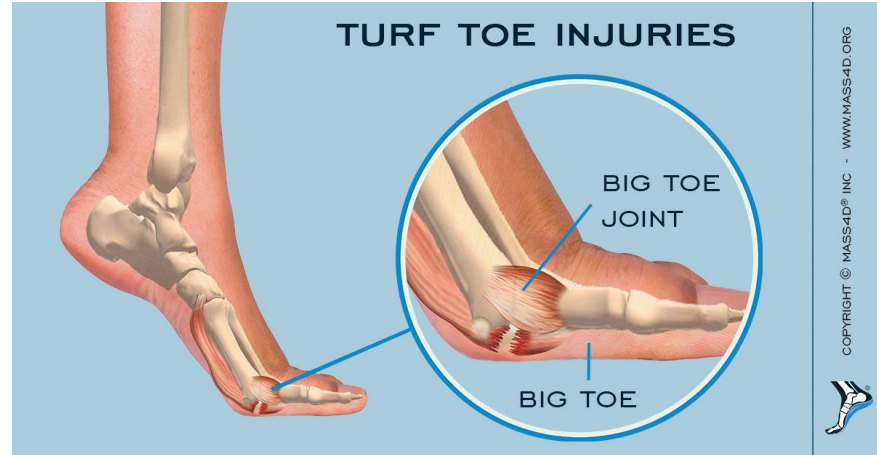
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# Background

Of the 26 bones in your foot 14 are in your toes. The big toe is responsible for maintaining balance.

# What is it?

- Can be caused from shoes being too tight or too small.
- Ingrown nails can result from this.
- It can result in dislocations, fractures, and sprains
- There is also the possibility of a bunion and/or corn growing
- A hematoma can form under the toenail (Toe Injuries and Disorders, 2018).



# Signs/Symptoms

## Broken Toe

- Swelling
- Pain/ tenderness
- Redness
- Stiffness
- Bruising
- Ingrown toenail
- Blood under toenail (Cunha, n.d.)



# Population

- Running, toe being stepped on can result in the nail coming off
- Overuse of nail injury can cause a broken toe
- Too much stress is also a factor of why the toe could break

# Treatment/Prevention

- Wear shoes that properly fit
- Splinting
- RICE (Rest, Ice, Compression, Elevation)
- Buddy Taping
- Bone Setting (Berry, 2017, pg 5).
- Stable Non-Displaced= splinting
- Displaced Fractures of Lesser Toes= Family Physician (Volume 68 Number 12, 2003).

# Sidenotes

Keanan Evans played with a broken toe in the NCAA tournament and led his team to the elite eight. The team trainer taped his toe and used many different shoe soles.

# Works Cited

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