

Toe Splints

Splints or Surgery?

Surgery for bunions is extremely reliable, but does take time to recover from. It is therefore wise to try all other options before arranging an operation.

The high street chemists, Sunday newspaper magazines and the internet sell a bewildering array of devices to solve “bunion problems”. Some vendors make extraordinary claims about curing the problem.

Splints and supports CAN hold the toe straighter (when they are worn). This may make the foot more comfortable by repositioning the joint or by preventing the big toe from rubbing against the neighbouring second toe.

Splints and supports CANNOT “cure” the problem by pushing the toe straight to the point that the imbalance of the toe is remedied and the bunion corrected.

Many of the devices that are on sale are impractical or are prone to slipping out of place.

We recommend the following simple devices because they are relatively practical and not so prone to malposition.

Looped Toe Separator (A)

These Gel spacers are useful, and frequently recommended after surgery during the recovery phase.

<http://www.cosyfeet.com/foot-comfort/toe-solutions/gel-looped-toe-spreader>

(On the website, look under Foot Comfort and then Smart Gel)



A. Loop Separator



B. Bunion Sleeve

Ultrathin Bunion Sleeve (B) <https://bunionsleeve.com/products/bunion-sleeve>

Approximate price: £25

Made from lycra and silicone this “undersock” is well tolerated by users. The web site sometimes has Special Offers. There are other products to help people with Bunionettes (of the little toe) too.