



1



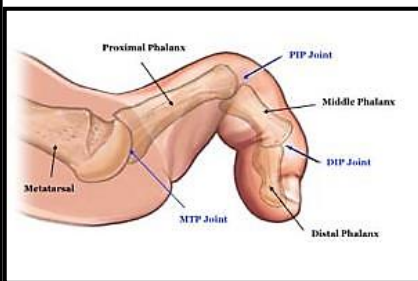
2

**I have no conflicts of interest
with any brand name products
referred to, described or
recommended in this program.**



3

Hammertoes



4

Hammertoe Protection



5

Hammertoe Protection

“Buttress Pads”

aka

“Crest Pads”

Relieves distal tip toe pressure



6

Hammertoe Protection Buttress/Crest Pad




7

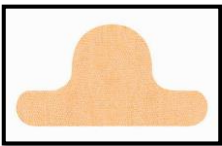
 <p><u>Surgitube – Tubular Gauze</u> <u>5/8" diameter</u></p>	<p>All available on Amazon or at medical supply companies</p>	
<p><u>Backer Rod Roll</u> <u>3/4" diameter</u></p> 	<p><u>Cotton Dental Rolls</u> <small>#2 Medium 1 1/2" x 3/8"</small></p> 	<p><u>Moleskin - Adhesive Back</u> <u>4.5 x 6.5 cm</u></p> 
<p>Sashco 30751 Pre-Caulking Filler Rope Backer Rod Roll, 50' Length x 3/4" Width, Grey</p>		

8





9





- ✓ Felt self adhesive “aperture/donut” pads for dorsal lesions.
- ✓ Secure with bandaid or Toe Shield.

1/8” thick self adhesive felt pads are about \$22.00 for a bag of 100 pieces on McKesson Healthcare (Felt, not foam)

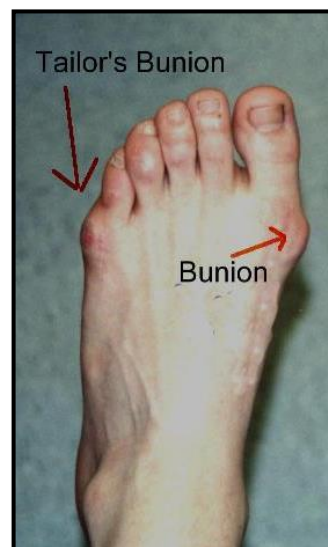
“Toe Shields” fabric bandaids from Coverlet - BSN Medical

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Bunion – Hallux Valgus Bunionette – Tailor's Bunion



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Self Adhesive Silicone Gel

Can be gently washed with soap and reused many times.

Pedi-GEL[®] Reusable Callus Cushions
Relieve Pain Instantly!

- Cushion & Protect Calluses, Irritations
- Absorb Pressure & Friction
- Self-Sticking, Washable & Reusable

Foot Specialists Since 1885 **PediFix**

Pedi-GEL[®] Corn Cushions
Instant Pain Relief

NEW!

- Absorb Pressure & Friction
- Self-Adhesive, Washable and Reusable
- Protect and Prevent Corns, Calluses & Blisters

Foot Specialists Since 1885 **PediFix**

Pedi-GEL[®] Callus Pads
Relieve Foot Pain

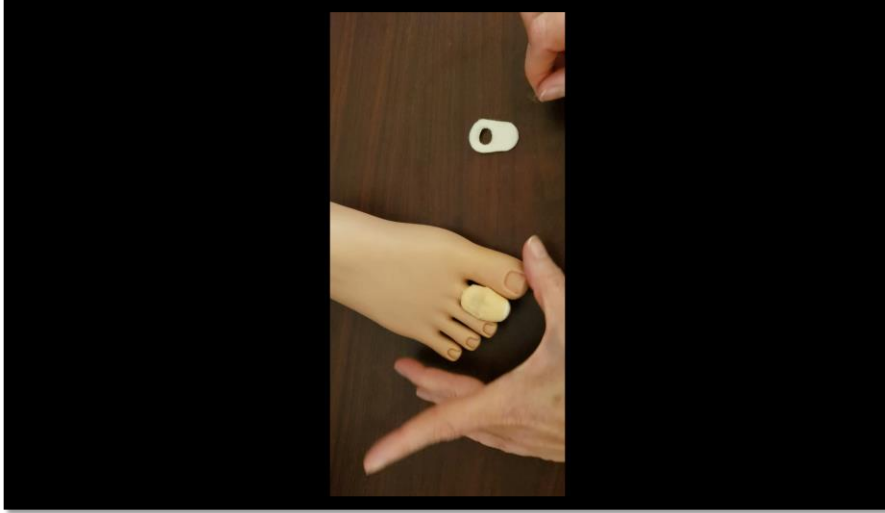
NEW!

- Soft Gel Prevents Painful Calluses
- Cushion and Protect Sensitive Areas
- Absorb Pressure, Friction & Shock
- Thin Design Fits in Most Footwear

Foot Specialists Since 1885 **PediFix**

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Bunion/Bunionette Protection



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Shoe Modification

Prevent pain and ulceration from shoes that are tight over bony prominences.



17

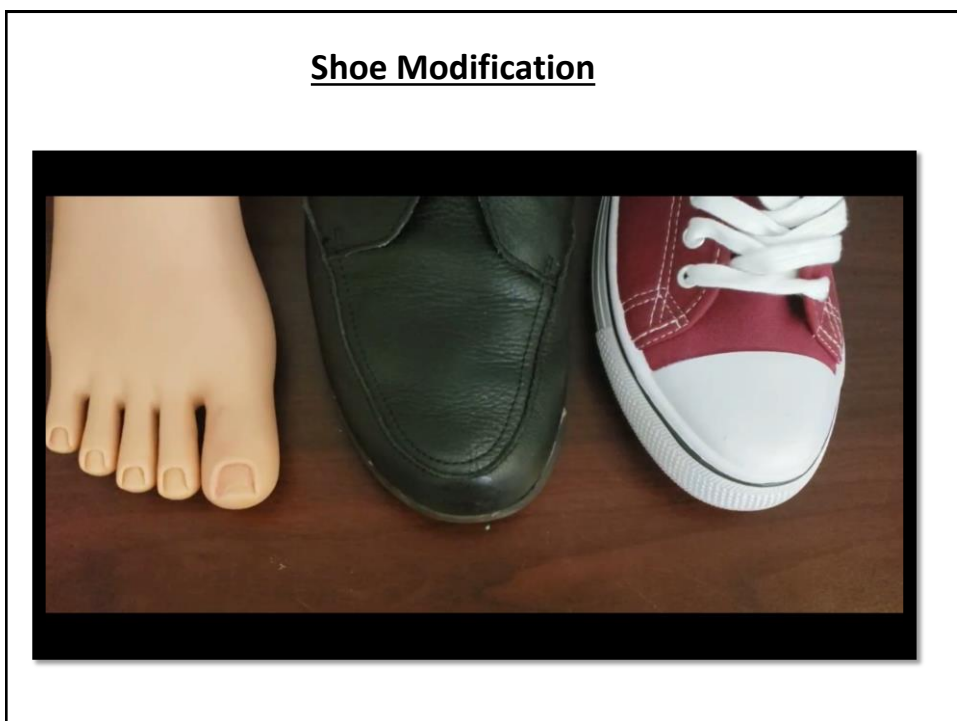
“What can I do to reduce pressure & rubbing on bony prominences?”



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19



20

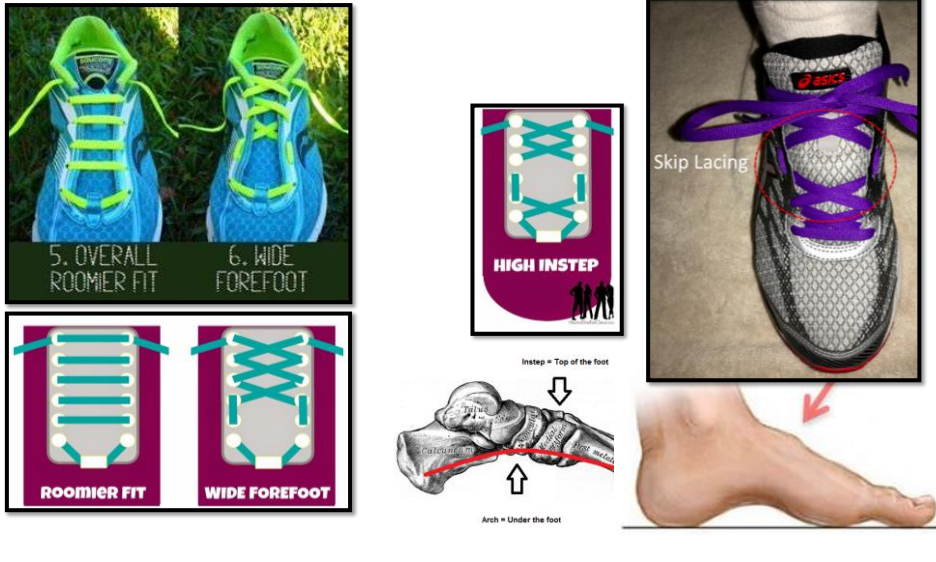


21



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Shoe Lacing Problem Solvers



23

Shoe Lacing for High Instep Foot with Pain



24



25

Insert/Orthotic Modification



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**1/8" thick self adhesive felt pads are about \$22.00
for a bag of 100 pieces on McKesson Healthcare**

(Felt, not foam)



**1/8" or 1/4" adhesive
back felt roll**

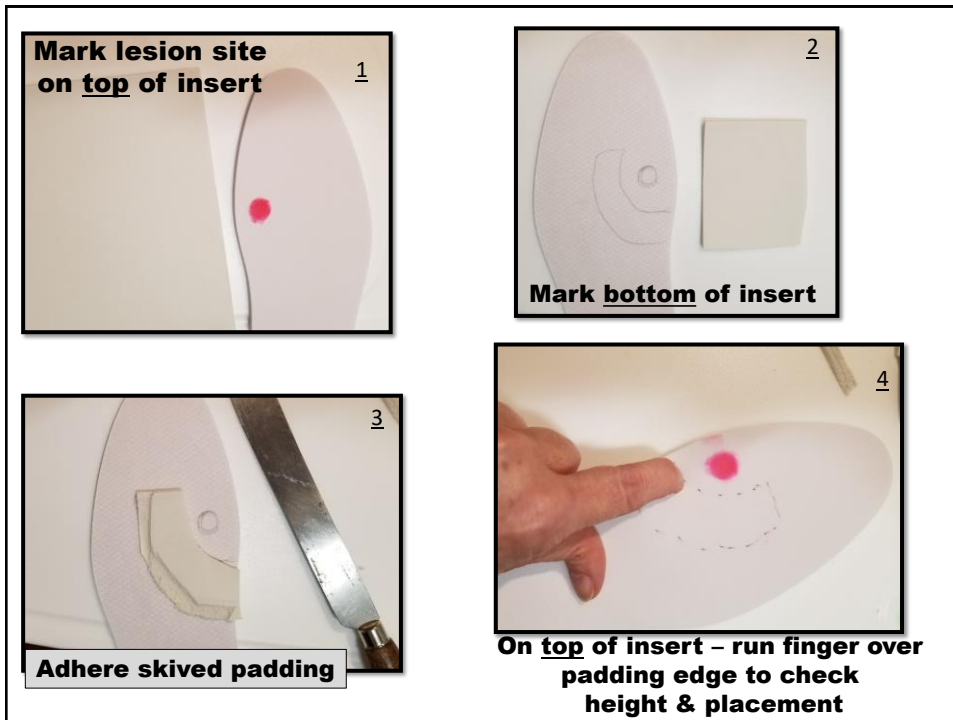


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**Add padding to UNDERSIDE
of insert!!**



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Insert/Orthotic Modification



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Innerspace/Interdigital Lesions



“Kissing Corns”

Phalangeal prominences of two adjacent toes rubbing

32

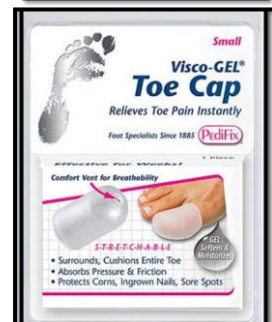


**Phalangeal prominences
of two adjacent toes
rubbing**



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Innerspace Protectors



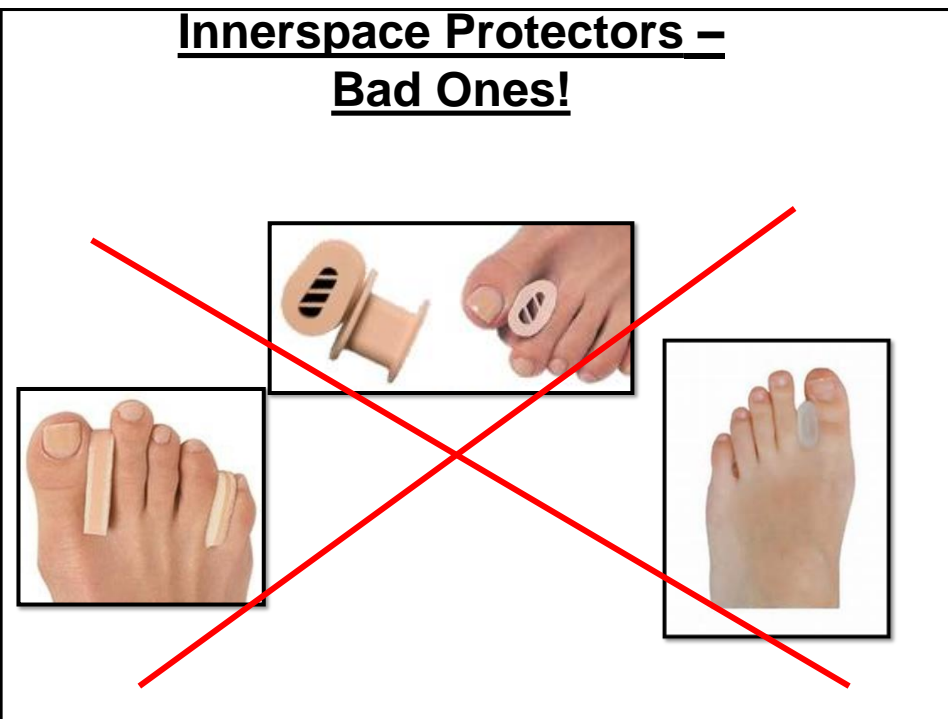
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Innerspace Protectors



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Innerspace Protectors – Bad Ones!



36

Innerspace Lesion Protection



37



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PediPlast Custom Digit Devices



40



- **Hammertoes**
- **Bunions**
- **Shoe Modifications**
- **Shoe Lacing Options**
- **Insert Modifications**
- **Interdigital Pads**
- **“Pedioplast” Moldable Devices**

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AFCNA.org