

Toe spacers/toe protectors/ heel pads/silicon shock absorption insoles/silicone toe sleeves, metatarsal pads / Sorbothane/shock absorbing insoles / heated socks/ forefoot pads

Many of these items can be purchased online or in high-street pharmacies. If you don't think these items would be suitable for your patient due to their shape, normally due to a significant deformity or size, then a Podiatrist may be able to make custom toe protectors/spacers. If you feel this would be appropriate then a referral can be made Podiatry on the patients behalf.