

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

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Curly or Overlapping Toes



What are curly toes?

Curly toes are where some of the toes curl inwards. This condition is present at birth and tends to affect the third, fourth and fifth toes on one or both feet.



Curly toes are common and often improve with weight bearing and growth.

In many children, curly toes do not cause problems and do not require intervention.

Occasionally, curly toes may cause pain and there may be changes to the skin and/or nail.

What to do if you have concerns?

You should consult your GP if you are concerned your child has:

- Pain or discomfort on activity
- Blisters on his/her toes
- Changes to the nails on the affected toes

Generally physiotherapy is not appropriate unless the muscle tendons are tight and/or there are functional difficulties.