

Fact sheet

Central Adelaide Foot & Ankle Clinics

Orthopaedic Services

Toe spacer Information Sheet

Toe spacers are worn to separate toes and/or provide cushioning where there are pressure areas between toes due to friction. Toe spacers are made of foam and resemble either small sleeves that fit around the toe or silicon that can be placed between toes to separate.

You will need to ensure that the end of your shoe is wide enough for the added width of the spacer to fit. Generally toe spacers are available at chemists and online. Online search 'toe spacers' on your google or other search engine.

Below are some of the different types of toe spacers that are available:



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