







# Everything You Need To Know About Toe Spacers

Toe spacers are one of my favourite movement hacks. What are toe spacers? Basically, they're exactly what they sound like – little devices designed to create a bit more space between your toes. And why toe spacers? Because modern shoes squash your toes and if you want your feet to work better, you should start unsquashing them.

In today's post, I'm sharing some of my favourite toe spacer options and how you can pick the best ones for your unique life.

## Why Toe Spacers Are Amazing

Ever since we were babies, our feet have spent most of their time in shoes. Modern shoes are TOO NARROW in the toes. All of them. Not just the pointy toe ones.

Because of narrow toe boxes in shoes, most of us have toes that have been artificially squished together for a really long time!

The result? Most of us have toes that are too close together, with weak muscles, not much space for nerves, and poor circulation. And many of us get issues relating to squished toes, like bunions, flat feet, plantar fasciitis, hammertoes and neuromas (believe it or not, [even pelvic floor issues and hip issues can have a relationship to squished toes because of how this affects our walking](#)).

Squished toes can be changed, but it's a long term project. To restore space between the toes, foot mobility, and foot strength, we need to add forces that gradually return the foot bones to the place they belong.

Although exercises and barefoot walking are a big piece of the puzzle, this is one of the few times when there's a shortcut: toe spacers.

Toe spacers are contraptions that fit between the toes and hold them spread apart. You instantly get better circulation, and as you walk around in them, your toe bones and muscles gradually restored to better alignment.

Hooray for easy fixes!

## How To Choose Toe Spacers

There are lots of types of toe spacers. It can be confusing to figure out which ones are best for you or to give as a gift.

All toe spacers are not created equal. They vary in durability, the ability to wear them in your shoes, and their price. And their size, too.

### Durability vs. Price

I like stuff that lasts. This is one reason I am not a huge fan of the toe spacers you can buy at the drug store that are intended to be used for pedicures. They're basically a straight-to-landfill option and they don't provide a lot of wearability or spread relative to other options.

Toe spacers that are designed to promote foot health range from about \$10 to about \$65 (USD).

