Study Summary: Ingrowing Toenails: Is There a Nail Abnormality?

Section	Details
Title	Ingrowing Toenails: Is There a Nail Abnormality?
Authors	H. J. Pearson, R. N. Bury, J. Wapples, D. F. L. Watkin
Journal	The Journal of Bone and Joint Surgery, 1987
Objective	To determine if ingrowing toenails are associated with abnormalities in the shape of the nail.
Study Design	Prospective study
Participants	23 patients requiring a primary operation for ingrowing great toenails and 23 age-matched controls without ingrowing toenails.
Exclusion Criteria	Non-Caucasian patients and those aged outside 10 to 30 years to avoid early onychogryphosis and ethnic variations.
Methods	- Measurement of toenail breadth using calipers. - Standardized photographs taken from above and end-on. - Measurement of medial and lateral angles, curvature, and deviation of the longitudinal axis.
Key Measurements	- Breadth of nail - Medial and lateral angles - Height-to-breadth ratio - Deviation of the longitudinal axis - Presence of asymmetric curve
Statistical Tests Used	Wilcoxon's rank sum test, Chi-square test, and Binomial test of proportion
Results	- No significant differences in nail shape between affected and control nails. - Both groups showed a wide variation in measurements. - Lateral deviation was common but not associated with ingrowing toenails.
Conclusions	Ingrowing toenails are not commonly associated with abnormalities in the shape of the nail; the study found no evidence to support a primary nail fault.
Clinical Implications	Treatment for ingrowing toenails should not focus on correcting a nonexistent nail deformity but consider other etiological factors like soft tissue involvement.
Citation	Pearson, H. J., Bury, R. N., Wapples, J., & Watkin, D. F. L. (1987). Ingrowing toenails: Is there a nail abnormality? The Journal of Bone and Joint Surgery, 69-B(5), 840-842.