

# Hallux Valgus (Bunion)

## What is it?

A bunion is a bony bump at the base of the big toe, caused by the toe drifting toward the others. It can become painful and make shoes hard to wear.

## Common Symptoms

- Pain on the side of the big toe
- Swelling and redness
- Trouble fitting into shoes
- Visible toe deformity

## Treatment Options

- Non-surgical: Supportive shoes, orthotics, pain relievers
- Surgical: Bunion correction (various techniques depending on severity)

## When to Seek Help

If your bunion is painful, interfering with daily life, or getting worse, we can help you explore both conservative and surgical options.