

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.