

# Bunions

(Hallux Valgus)



**Bunion**

A bunion (a.k.a Hallux Valgus) is a common foot condition associated with a prominent bump on the inside of the forefoot. Bunions can lead to discomfort over the prominence. It is common for bunions to run in a family, which seems to be the biggest risk factor. They gradually worsen over time. The vast majority of bunions can be managed successfully with basic non-operative treatment. Surgery is reserved for patients who have persistent symptoms in spite of appropriate non-operative treatment.

The primary anatomic cause of a bunion is that the bone on the inside of the forefoot at the base of the big toe (the first metatarsal) begins to drift and separate away from the bone of the mid-foot at the base of second toe. This separation pushes the great toe outwards creating a prominent bump known as a bunion deformity. The bunion bump is often normal bone sticking out of the side of the foot, rather than a growth of new bone. Over time, arthritis can also develop in the joint. As the bunion becomes more severe, imbalance can occur in the patient's method of gait, cause ground pressures to shift to the lesser toes and metatarsals.

## Orthotic Intervention:

- **Because the joint of the big toes stiffens, the orthotic should limit motion of that joint in an effort to prevent an arthritic condition**
- **Substantive rear foot control**
- **Metatarsal support**
- **Appropriate rear foot wedging depending on foot type**
- **Cut-outs around outside of bunion with cushioning**

