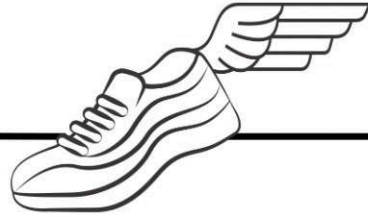


# BUNIONS



## WHAT ARE BUNIONS?

- A BUNION IS A BONY PROMINENCE THAT DEVELOPS ON THE SIDE OF THE FOOT AT THE BASE OF THE BIG TOE. HALLUX VALGUS IS THE MEDICAL TERM FOR A BUNION, REFERRING TO THE BIG TOE'S DEVIATION TOWARDS THE SMALLER TOES. THIS INVOLVES A CHANGE IN THE ALIGNMENT OF THE BONES IN THE BIG TOE JOINT, LEADING TO THE VISIBLE BUMP.

## WHAT CAUSES BUNIONS?



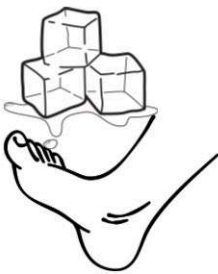
- GENETICS: SOME INDIVIDUALS INHERIT FOOT TYPES THAT ARE PRONE TO BUNION FORMATION.
- FOOTWEAR: TIGHT, NARROW SHOES, ESPECIALLY HIGH HEELS, CAN EXACERBATE BUNIONS BY PUTTING PRESSURE ON THE TOES.
- OTHER FACTORS: CONDITIONS LIKE ARTHRITIS, FLAT FEET, AND REPETITIVE STRESS ON THE FEET CAN ALSO CONTRIBUTE.

## WHAT ARE THE SYMPTOMS OF BUNIONS?



- PAIN AND TENDERNESS: PAIN AROUND THE BIG TOE JOINT, WHICH MAY WORSEN WITH ACTIVITY OR WHEN WEARING SHOES.
- SWELLING AND INFLAMMATION: THE AREA AROUND THE BUNION CAN BECOME RED, SWOLLEN, AND WARM TO THE TOUCH.
- BONY BUMP IS PRESENT ON SIDE OF THE FOOT AT THE BASE OF THE BIG TOE.
- BUNIONS CAN MAKE IT CHALLENGING TO FIND COMFORTABLE SHOES THAT FIT WELL.
- STIFFNESS AND LIMITED MOVEMENT: THE BIG TOE JOINT MAY BECOME STIFF, REDUCING ITS RANGE OF MOTION.

## HOW ARE BUNIONS TREATED?



### • CONSERVATIVE TREATMENT:

- PROPER FOOTWEAR: WEARING SHOES WITH A WIDE TOE BOX AND LOW HEELS CAN REDUCE PRESSURE ON THE BUNION.
- ( SEE SHOE RECOMMENDATIONS )
- PADDING AND ORTHOTICS: PADS, SPACERS, AND ARCH SUPPORTS CAN HELP CUSHION THE BUNION AND IMPROVE FOOT ALIGNMENT. VIA KT TAPE.
- MEDICATIONS: PAIN RELIEVERS & ANTI-INFLAMMATORY CAN HELP MANAGE PAIN & SWELLING.
- ICE: APPLYING ICE PACKS CAN HELP REDUCE INFLAMMATION.
- PHYSICAL THERAPY: EXERCISES AND THERAPIES CAN HELP IMPROVE FOOT AND TOE FLEXIBILITY AND REDUCE PAIN.

### • SURGICAL TREATMENT



- CORTISONE INJECTION: HELPS REDUCE INFLAMMATION & PAIN.
- BUNIONECTOMY: SURGICAL REMOVAL OF THE BUNION AND REALIGNMENT OF THE TOE JOINT.
- MULTIPLE SURGICAL OPTIONS: THERE ARE OVER 100 DIFFERENT SURGICAL PROCEDURES AVAILABLE, AND THE BEST APPROACH DEPENDS ON THE INDIVIDUAL CASE.; XRAYS TO BE REVIEWED..
- RECOVERY: SURGICAL RECOVERY CAN TAKE SEVERAL WEEKS OR MONTHS, WITH A PERIOD OF WEARING A SUPPORTIVE BOOT AND GRADUAL RETURN TO ACTIVITY. SHORTER OPTIONS AVAILABLE.