

Hallux Valgus (Bunions)

An anatomical deformity of the hallux (big toe) resulting in the appearance of a bump

Hallux Valgus (HV) is a condition where the metatarsal bone angles inwards (away from the foot), causing the hallux to angle outwards (toward the other toes). Although there is no additional tissue growth, this angle change creates the appearance of a bump at the joint. This bone movement over time is primarily due to genetics but can be made worse by wearing pointed-toed shoes.

HV is more common in females with flat feet. HV is not painful, but wearing tight shoes that press on the bulging point can create pain, skin irritations and synovitis (joint inflammation). Having untreated HV for many years increases the risk of developing osteoarthritis of the joint.



To treat this condition the arch needs to be supported to prevent the foot from pronating (flattening) further onto the bunion and shoes need to be modified with a simple stretch to prevent pressure.

Further treatment modalities include:

- Orthotics
- Orthotic Adjustments
- Orthopaedic footwear (Wide, Rocker Soled)
- Shoe Spot-Stretching to Accommodate the Bunion
- Gel Bunion Guards
- Anti-Inflammatories (Oral and Topical)
- Injections: Steroid (Depo-Medrol, Kenalog, Decadron)
- Lubrication (Viscosupplementation)
- Blood (PRP - Platelet Rich Plasma)
- Surgery

"Put your feet in our hands"

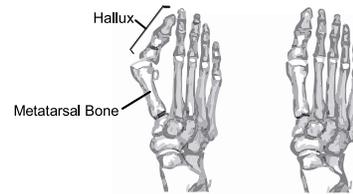
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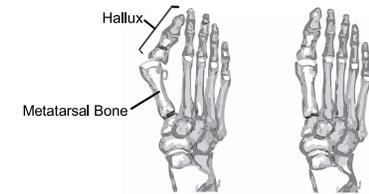
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Katrina Lammers, C. Ped (C)

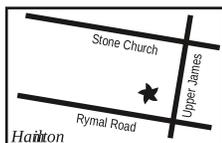


TENDER MEDICAL TREATMENT FOR:

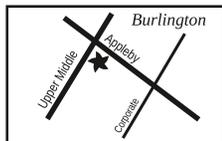
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic footwear
Custom orthotics	Shoe modifications
Compression Hose	Custom bracing

FOOTCARE PLUS:

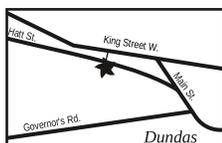
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to Family Physician
7. Fully private treatment suites
8. Licensed to prescribe medications if necessary
9. Recognized by major insurance carriers
10. Direct billing to many insurance companies



THE HAMILTON FOOT CLINIC
 1508 Upper James Street
 Hamilton, Ontario L9B 1K3
 Phone: 905-385-4251
 Fax: 905-385-1414



THE BURLINGTON FOOT CLINIC
 #22-1960 Appleby Line
 Burlington, Ontario L7C 0B7
 Phone: 905-681-2388
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 60 Hatt Street, Suite 202
 Dundas, Ontario
 (Above Rexall Pharmacy)
 Phone: 905-628-8585

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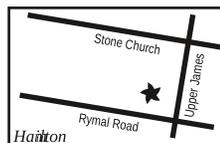


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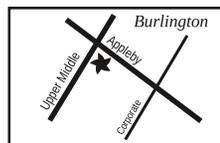
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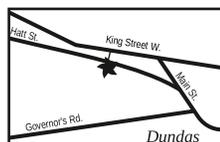
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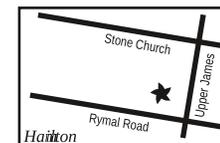


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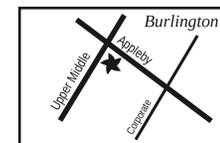
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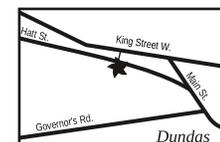
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