

A quick guide to:

BUNIONS



A bunion is actually called Hallux Valgus, a condition in which the big toe is angled excessively towards the second toe. A bunion is a bony prominence on the side of the big toe where a fluid filled sac called a bursa builds up and may become inflamed and painful. Although anyone can develop a bunion, they are found more often in women than in men.

APPEARANCE

The big toe becomes angled inwards towards the middle of the foot and the other toes. The foot develops a bony prominence on the edge of the foot/big toe.

CAUSES

Bunions can be caused by a range of factors. Genetics may be responsible as bunions can run in families.

Poorly fitting shoes, especially high heels, can contribute towards the development of bunions as they cause the big toe to be squashed into a bent position. A fluid filled sac can form on the joint as the body responds to and tries to protect against the pressure.

SYMPTOMS

Bunions are a swollen, bony bump on the outside edge of the foot and can be very painful. If the bunion is particularly severe, there can be a change in the overall shape of the foot and it becomes wider around the toe joints. This can make shoes especially uncomfortable.

PREVENTION

Correctly fitting shoes can significantly reduce the risk of developing bunions, as can shoes that do not have high heels or pointed toes.

A podiatrist will be able to advise you on suitable footwear for your feet.

TREATMENT

There are various types of treatment for bunions – both surgical and non surgical.

Non surgical treatment options can ease discomfort and pain. Bunion pads, made of either gel or felt, reduce pressure on the joint.

Orthotic devices can help realign the foot, relieving pressure on the bunion and easing pain. Orthotics can be bought over the counter or custom made by a podiatrist.

Surgery can permanently correct a bunion but is usually only carried out if the bunion is seriously affecting quality of life.

For more information please visit:

www.carnationfootcare.co.uk

or speak to your podiatrist.