

# Bunions

## (Hallux Abducto Valgus)

A bunion is the common term for a medical condition known as Hallux Abducto Valgus. A bunion is an abnormal bony prominence on the inside of the foot at the first toe joint. It may be painful, swollen or red. A bunion usually develops in stages. Firstly the big toe drifts towards the second toe. Added bone then develops and the big toe joint increases in size. The big toe may eventually curl over or under the second toe joint.

### CAUSES

- Poor foot biomechanics – although you can not inherit bunions you can inherit the foot type which predisposes you to bunion development.
- Incorrect footwear – slip on shoes with pointy toes will put pressure on the big toe and hasten bunion development. Also high heels put extra pressure on the forefoot and may worsen your bunions.
- Injury
- Rheumatoid Arthritis
- Gout

### TREATMENT

- Shoes – try to wear wider fitting shoes with a round toe box and laces or buckles.
- Padding – your Podiatrist can make various pads to relieve pain and pressure.
- Strapping
- Hot or cold compresses
- Insoles
- Orthoses
- Exercises
- Surgery

