

Bunions

What are Bunions?

A Bunion is often described as a bump on the side the big toe. The actual name for the condition is Hallux Abducto Valgus (HAV) and it describes the big toe (Hallux) deviating towards the second toe.

Bunions are a progressive disorder. They begin with a leaning of the big toe, gradually changing the angle of the bones over the years and slowly producing the characteristic bump, which continues to become increasingly prominent. Usually the symptoms of bunions appear at later stages, although some people never have symptoms.

What are the causes of Bunions?

Bunions are most often caused by an inherited faulty mechanical structure of the foot. It is not the bunion itself that is inherited, but certain foot types that make a person prone to developing a bunion.

Although wearing shoes that crowd the toes (e.g. pointed high heels) won't actually cause bunions in the first place, it sometimes makes the deformity get progressively worse. That means you may experience symptoms sooner.

What are the symptoms?

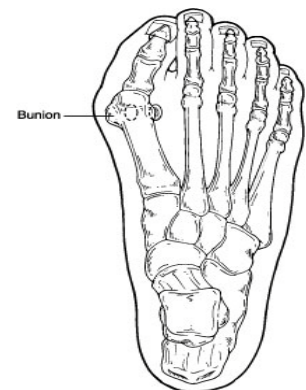
Symptoms will depend on the extent of soft tissue change and joint deviation. They also occur most commonly in shoes that crowd the toes such as women's high heels, which may explain why they occur more frequently in women than men.

Common symptoms which occur at the site of the bunion include pain or soreness, inflammation and redness, burning sensations and possibly numbness.

Activities that require an increase in the range of movement through the big toe joint are usually more painful (i.e. Sprinting and dancing).

What is the treatment for Bunions?

- Adequate footwear (especially width)
- Footwear modification (Width)
- Pressure deflecting padding
- Correction of faulty foot mechanics with Orthotic Therapy
- Bunion splints
- If conservative treatment fails then a surgical consult is warranted



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