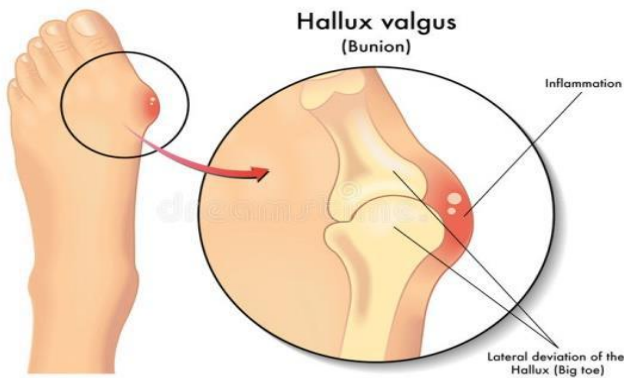


Hallux Valgus (Bunion)



Hallux valgus happens when the Big toe moves towards the next toe. It is known as a bunion.

This becomes painful as it rubs against the shoe.

Risk Factors

- Poor footwear.
- May run in Families.
- Ladies are more likely to develop Bunions.
- Flat feet.

Prevention

Insoles and sensible footwear may help prevent some bunions.

General Advice

- Wear good fitting footwear. Shoes with laces or an adjustable strap may be helpful.
- Bunions can slowly become more of a problem. There are many of ways of treating them without surgery.
- The main reason for having surgery is to help reduce pain.

Management – Non-Surgical or Conservative Measures

- Different gels cream and tablets can help with pain.
- Bunion pads may help.
- Ice packs may make them less painful.
- Changing shoes and using insoles may help.

Surgery

It would be best to talk to a health professional about the things you can do about a bunion before considering surgery

If it is not possible to improve the pain with the recommended measures mentioned, surgery may be an option.