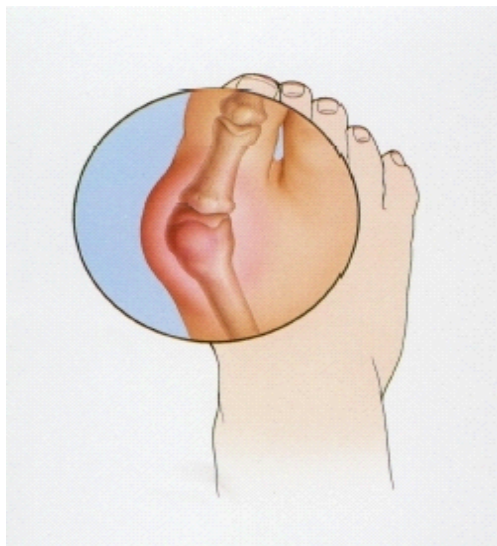


Bunion/ Hallux Valgus

What are Bunions?



Bunions are bumps that form on the outside of the first metatarsalphalangeal (MTP) joint. This is the joint at the base of the big toe. This “bump” is an enlargement of bone or tissue that forms over time due to the change in position of the big toe as it moves inward toward the second toe.

What causes a bunion?

Bunions often occur from wearing narrow toed shoes such as high heels, which is why it is more common in women. Bunions can also be hereditary. Other causes of bunions include abnormal formation of the bones of the foot at birth, nerve conditions that affect the foot, rheumatoid arthritis, and injury to the foot. Bunions are common in ballet dancers.

What are the symptoms?

There is typically pain at the sight of the bunion that is worse with walking and relieved with rest. There may also be swelling and redness at the sight of pain. The pain is usually worse when wearing shoes.

Treatment

Shoes with a wide toe base should be worn and avoid wearing high heels. If the pain is severe and limiting the individual in their daily activities then they should seek the advice of their physician or orthopedic specialist. Physical therapy may be prescribed to help improve motion at the MTP joint and to decrease pain. Depending on the severity of the bunion, surgery may be indicated to re-align the MTP joint.

If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.

