

Our Team

Our degree trained Podiatrists are registered with the Health Care Professionals Council (HCPC) and members of the Royal College of Podiatrists.

The practice is accredited by the Royal College of Podiatrists (RCPod).

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Individual advice:

Bunion



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Advice for patients



What is a bunion?

A bunion (also referred to as hallux abducto valgus) is often described as a bump on the side of the big toe.

The big toe leans toward the second toe, rather than pointing straight ahead. This throws the bones out of alignment—producing the bunion's bump.

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 will not actually cause bunions, it sometimes makes the deformity get progressively worse. Symptoms may therefore appear sooner.

Symptoms?

Bunions are a progressive disorder. Symptoms usually appear at later stages, although some people never have symptoms. These may include:

- pain or soreness
- inflammation and redness
- corns or callouses – these often develop where the first and second toes rub against each other.
- a burning sensation
- possible numbness

Symptoms occur most often when wearing shoes that crowd the toes. This may explain why women are more likely to have symptoms than men. In addition, spending long periods of time on your feet can aggravate the symptoms.

What can help?

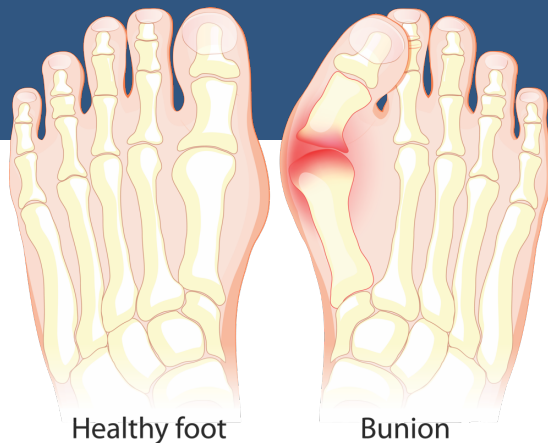
Wear wide shoes with a low heel and soft sole.

Hold an ice pack (or a bag of frozen peas wrapped in a tea towel) to the bunion for up to 5 minutes at a time.

Try bunion pads (soft pads you put in shoes to stop them rubbing on a bunion) – you can buy these from your podiatrist or pharmacy.

Take paracetamol or ibuprofen.

Try to lose weight if you're overweight.



Prevalence of a bunion increases with age and is more common in women.

Did you know, smaller bunions (called bunionettes) can develop on the joint of your little toe?

Treatments

Conservative treatment for bunions includes changes in footwear, the use of orthotics (accommodative insoles), gel pads, rest, ice, and pain medications such as non-steroidal anti-inflammatory drugs.

These treatments address symptoms but do not correct the actual deformity. Only if the discomfort persists and is severe, surgical correction by a podiatric or orthopaedic surgeon may be necessary.