

Welcome to Queensferry Podiatry

Established in 1999, we have been committed to a professional and friendly podiatry service for over 25 years.

Covering everything from nail problems, hard skin and corns to comprehensive diabetic foot care and check-ups, biomechanical assessments, orthotic fitting and nail surgery.

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

Individual Advice:



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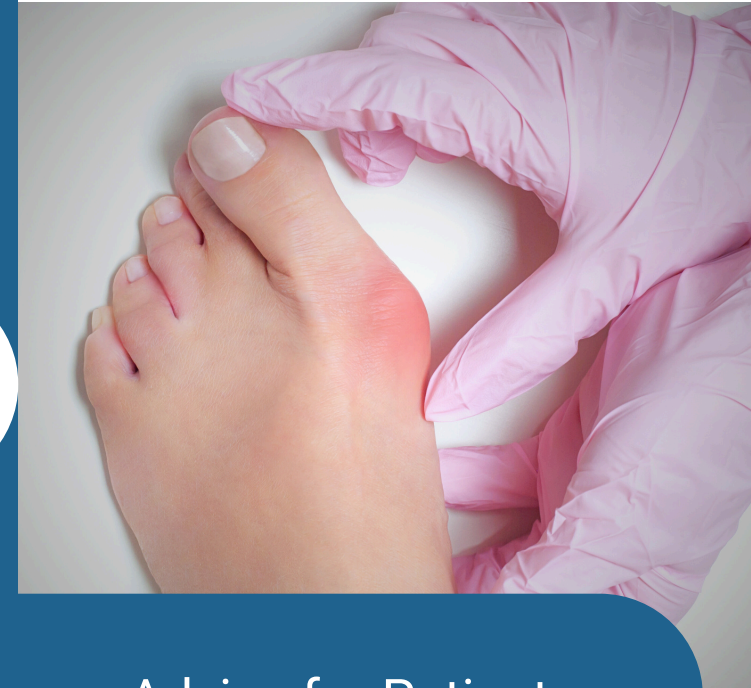
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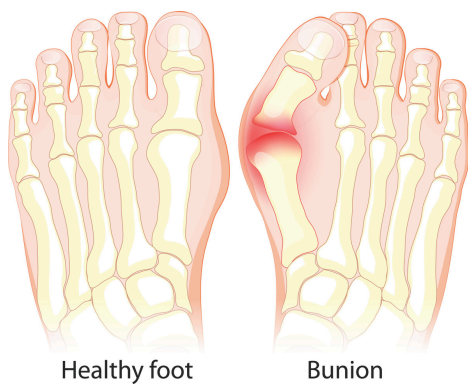
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Advice for Patients

Bunion

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What is a bunion?

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

What causes a bunion?

Bunions are most often caused by a defective mechanical structure of the foot, which is genetic; these foot types make a person more prone to development of a bunion. Poorly fitting footwear tends to aggravate the problem as tight or narrow footwear can squeeze the forefoot, crowding the toes together and exacerbating the underlying condition, causing pain and deformity of the joint.

Bunions can also be caused by the big toe pushing over on to the second, causing crossover of the toes, which makes it difficult to walk due to pressure on the toes from footwear. Once the big toe leans toward the second toe, the tendons no longer pull the toe in a straight line, so the problem tends to get progressively worse. This condition can also lead to corns and calluses developing.

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 calluses – these often develop where the first and second toes rub against each other.
- 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.

Treatments

Do

- Avoid backless, high-heeled shoes.
- Vary your heel heights from day to day, one day wearing low heels and the next day slightly higher heels.
- Wearing a shoe with a strap or lace over the instep holds the foot secure and helps stop your foot sliding forward
- Calf stretches to counteract the shortening of the calf can help to keep feet supple.

Don't

- do not wear high heels or tight, pointy shoes

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.



Try bunion pads to stop them rubbing on a bunion

Bunions can also be caused by age, arthritis or playing sport. The prevalence of a bunion increases with age and is more common in women.