

What are Bunions?

Bunions form when the bone or tissue at the joint at the bottom of the big toe moves out of place. Years of abnormal motion and pressure on the joint forces the big toe to bend toward the others, which causes an often-painful lump on the joint. This joint at the base of the big toe carries too much weight while walking so the joint may become so stiff and sore which causes severe and constant pain. Eventually the joint becomes arthritic.



Common Causes?

Certain foot types and biomechanics are passed down from parents or even grandparents to children which predisposes them to getting bunions. Foot types that exhibit excess pronation (foot rolls in), which unlocks the joints of the foot, causes instability and results in the deformity of the big toe joint (big toe moves towards second toe). High heels and tight shoes also cause excessive loading in the joint, leading to displacement of the joint and further deformity.

Common Symptoms

- A bulging bump on the outside of the base of your big toe
- Swelling, redness or soreness around your big toe joint
- Corns or calluses — these often develop where the first and second toes overlap
- Persistent or intermittent pain
- Restricted movement of your big toe if arthritis affects the toe

Treatment

Unfortunately, once a bunion occurs there is no way to reduce the size of the lump or correct deformity without surgery. Podiatrists use orthotics to offload the painful joint. We cannot reverse the condition but can slow down the deformity, remove pain and keep you active!

We also encourage the use of sensible footwear, foot exercises and night splints when necessary.

Prevention is better than a cure Prevention of bunions is always better than a cure. Early identification of individuals at risk will prevent pain and cosmetic deformity later on in life.

For further information on your foot health or to discuss treatment options with a podiatrist, please contact your local ModPod Podiatry clinic.