



## What is a bunion?

Bunions are also known as hallux valgus this is a malalignment of the big toe joint which causes the big toe to deviate. This may result in crowding of the smaller toes and due to the width of the foot this can cause footwear fitting issues. As the bunion progresses it can cause callous under the ball of the foot due to an altered walking pattern. Although there are many causes of bunions it is most likely to have been inherited through genes.

## What are the symptoms of bunions?

Symptoms may include:

- Pain around the big toe joint or on the bony lump.
- Pressure from footwear causing pain on the big toe joint.
- Hard skin or corns around the big toe joint; overlapping second toe or ball of the foot.
- Changes to the shape of the foot.
- Difficulty walking.

## Classifications of bunions?

- **Mild (Stage 1)** - Mild bunion prominence without significant deformity or pain.
- **Moderate (Stage 2)** – Prominent bunion joint with crowding of the lesser toes. Callous around the ball of the foot and some discomfort in the big toe.
- **Severe (Stage 3)** – Progression of the bunion can cause hammer toe deformity, pain on the ball of the foot or arthritis within the big toe joint.

## What treatment options are there?

Dependent on the classification of a bunion these conservative treatments may be offered:

- Use ice to reduce pain and swelling. (Anti-inflammatory pain killers can also be used and you should discuss this with your GP or pharmacist).
- Cortisone injections.
- Padding or strapping.
- Shoe modifications.
- Orthotics to help with the altered walking pattern.

When the bunion is severe and conservative methods fail, bunion surgery may be indicated. This can be offered through your GP.

## How can we help?

Your Podiatrist will determine the stage of bunion. It is important to differentiate between other foot issues such as bursitis, hallux rigidus and functional hallux limitus.

At the end of the assessment you will be provided with a treatment plan specific to your symptoms.

## Contact us now

☎ 020 8778 9050

📠 020 8659 1501

✉ enquiries@cppg.co.uk

🌐 www.cppg.co.uk