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BUNIONS

A common deformity of the big toe joint, a bunion is an enlarged protuberance of bone or tissue around the joint. It may also occur on the outside of the fifth toe joint and referred to as a “bunionette” or “tailor’s bunion”. The joint becomes malaligned and develops degenerative arthritis.

Symptoms

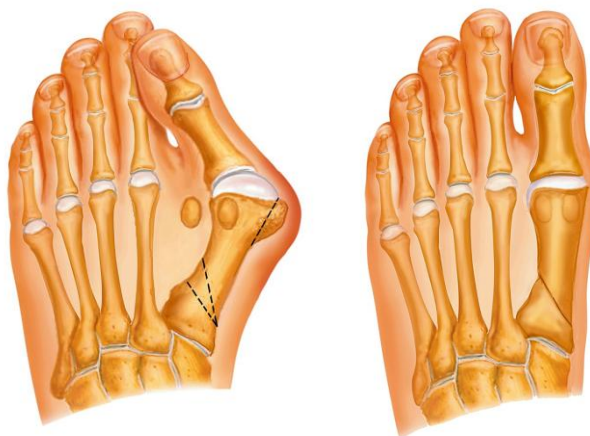
Pain may be throbbing, aching and may limit both exercise and daily activities of life. It is often difficult to walk comfortably in shoes, especially high-heeled shoes. The skin around the bunion may be swollen and irritated. Other toes may be affected with the development of hammertoes, calluses and corns.

Causes

Faulty mechanics of the foot with excessive pronation are the primary contributing factors. Hereditary predisposition is also a factor; therefore children should be closely evaluated.

Treatment

Conservative measures of treatment include padding, accommodative shoe wear, physical therapy and orthotics. Surgical treatment involves bunion removal with straightening of the joint. Pain and deformity are significantly reduced in the great majority of patients who undergo bunion surgery.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/bunions.htm>