

BUNION [HALLUX VULGUS]



Bunion

- Bump on the medial side of the foot
- Abnormally displaced tip of the big toe laterally , happening gradually over time

Causes

- Can be hereditary
- Due to ill fitting shoe
- Inflammatory condition , such arthritis

Symptoms

- Pain
- Shoes not fitting well
- Difficulty walking
- Redness and swelling

Treatment

Non Surgical Measures

- Good , roomy shoes
- Bunion pad , to reduce the friction , swelling
- Reduce burdening the foot
- Use orthotic device ; bunion splint



Surgical Treatment

- Corrective surgery to correct the alignment of the big toe to normal position