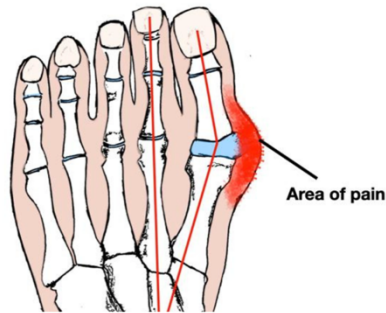
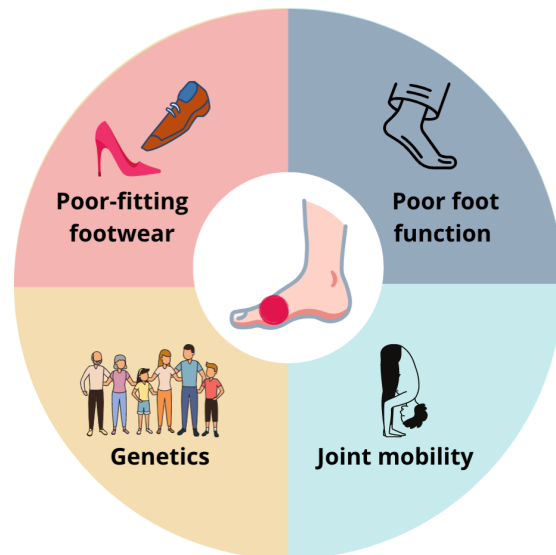


## Bunions



**Bunions**, also known as **Hallux Abducto Valgus**, are one of the most common foot deformities that may or may not cause forefoot pain. They can be hereditary or caused by ill-fitting footwear or poor foot function.

### Common risk factors:



### What can I expect from non-surgical treatment options?



Reduced pain due to improved foot function with use of appropriate insoles and shoes



Prevent bunions from getting worse

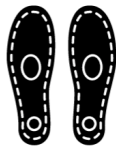


Bunions cannot be cured or resolved with non-surgical treatment options

### Common non-surgical treatment options:



**Wide-fitting footwear** – To provide enough support for the foot and space at the forefoot area



**Orthoses** – For better foot function and to slow down progression of the bunion



**Exercise** – Foot exercises help to strengthen the small muscles in the foot. **These exercises should be prescribed by a therapist.**

### Other treatment options:



Rigid taping



Joint mobilisation



Surgery

**For more information, kindly consult your podiatrist.**

**Scan the QR codes for more information:**



**NTFGH Podiatry**

Look under “Patient Resources” for the following resources and more



**Stretches and Exercises  
for Hallux Abducto Valgus  
(HAV) Deformity**



**How to Choose  
Appropriate Footwear**



**FAQs on HAV**