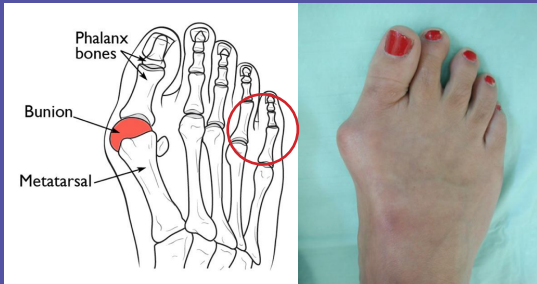


Bunions

Are you at risk?

WHAT IS a bunion or Hallux Valgus?



- A progressive foot deformity in which the first metatarsophalangeal (MTP) joint is affected and is often accompanied by significant functional disability and foot pain.
- Bunions begin with the big toe leaning towards the second toe, gradually changing the angle of the bones over the years and slowly producing the characteristic bump, which becomes increasingly prominent.
- An enlarged MTP joint may lead to **bursitis**, a painful condition in which the fluid-filled sac (bursa) that cushions the bone near the joint becomes inflamed.

Symptoms

The symptoms of a bunion include:

- Pain or soreness
- Inflammation and redness
- Burning sensation
- Possible numbness

Risk Factors

These factors may increase your risk of bunions:



Family history



Poorly fitted footwear



Inflammatory conditions e.g. rheumatoid arthritis



Neuromuscular conditions e.g. cerebral palsy, polio

Progression of Bunion Formation According to Manchester Grading Scale



Contributed by Jolene Tai, Senior Podiatrist, Department of Podiatry



Treating Bunions

What are your options?



“ In most cases, bunions are treated without surgery

Non-surgical treatment cannot “reverse” a bunion, but can prolong the progression of worsening the condition.

”

Non-surgical Treatment Options



1

Change of footwear

Footwear with a wider, deeper toe box are recommended to prevent the narrowing of space for your toes



2

Orthotics

Orthotics are special shoe or heel inserts which are prescribed to and custom-made specifically for you.



3

Toe Exercises

Performing regular toe exercises can help to strengthen the toes, provide relief from the pain and reduce the adduction of the metatarsophalangeal (MTP) joint.

Surgical Treatment Options

If non-surgical treatments fail to relieve bunion pain and when the pain of a bunion interferes with daily activities, then can surgery be considered.

Surgical correction of the deformity usually involves correcting the alignment of the bone and repairing the soft tissues around the big toe, e.g. osteotomy, arthodesis and exostectomy.



Contributed by Jolene Tai, Senior Podiatrist, Department of Podiatry



Toe Deformities

My toes look strange!



What are lesser digits?

Our toes are also known as digits of the foot. The second to last toes are referred to collectively as lesser digits.

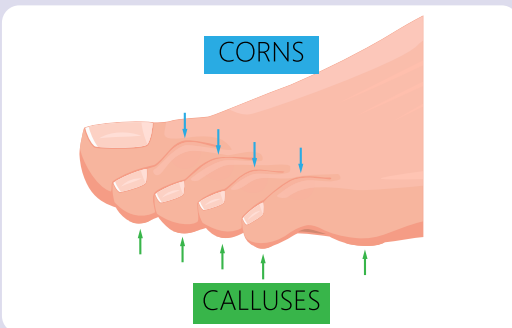
Lesser Digit Deformities

Lesser digit deformities result in imbalance to muscles, tendons or ligaments surrounding the toe joints.

These imbalances can occur due to faulty biomechanics, having excessively long toes, neuromuscular disease, systemic conditions (such as rheumatoid arthritis, diabetes), ill-fitting footwear choices, and genetics.

Any of these deformities can lead to pain from rubbing in shoes, causing sensitive corns and calluses. In diabetic or neuropathic patients, it is particularly important to monitor these deformities to prevent sores at the contracted portions of the toes.

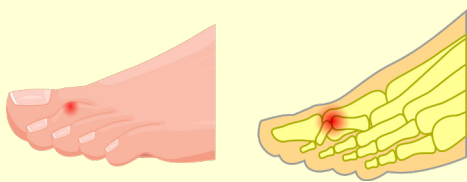
Signs and Symptoms of Lesser Digit Deformities:



- Swelling or redness
- Inability to straighten the toe
- Difficulty walking
- A corn or callus on the top of the middle joint of the toe or on the tip of the toe

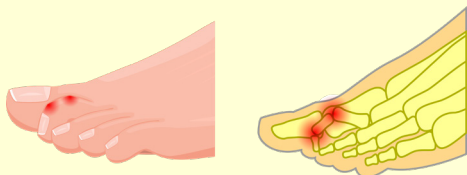
Types of Lesser Digit Deformities

Hammer toe



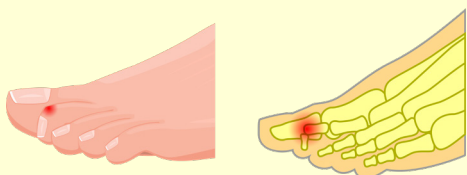
A hammer toe has an abnormal bend in the middle joint of the toe. This term is commonly used as a general term to describe all lesser toe deformities. In this condition, the toe is bent at the middle joint, so that it resembles a hammer.

Claw toe



A claw toe has an abnormal bend in both the middle joint and the last joint closest to the toenail of a toe.

Mallet toe



A mallet toe has an abnormal bend in the joint of the toe that is closest to the toenail.

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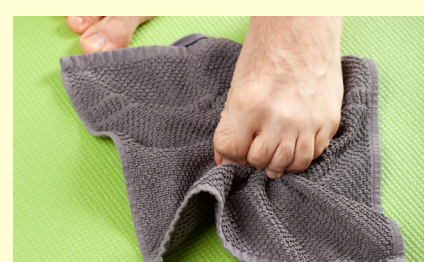
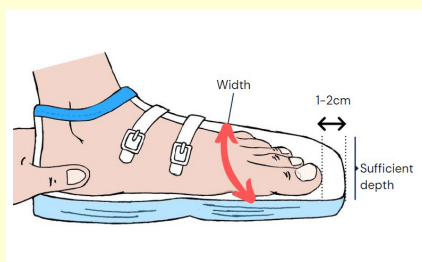


Toe Deformities

Treatment options

Non-surgical Treatment Options

Non-surgical treatments include change in footwear and stretching and strengthening exercises for the toes. Surgical treatment is only recommended if non-surgical treatments fail to relieve symptoms.



1 Avoid wearing tight shoes

Avoid wearing tight, narrow, high-heeled shoes. Shoes should be one-half inch longer than your longest toe—which, for many people is the second toe—and have a soft, roomy toe box. Wear something comfortable.

2 Shoes with a deep toe box or a sandal

Get a shoe with a deep toe box that accommodates the hammer toe. A shoe repair shop may be able to stretch a toe box so that it bulges out around the toe. Wearing sandals may help, if they do not pinch or rub other areas of the foot.

3 Toe Exercises

Gently stretch your toes manually or using your toes to pick things up off the floor. Consider performing “toe curls” to strengthen your toes. To perform a toe curl, place a towel flat under your foot and use your toes to crumple it.

Surgical Treatment Options

If non-surgical treatments fail to relieve symptoms or toe joint is rigid and no longer moveable, then surgery can be considered.

Surgical treatment options include:

- Tendon lengthening
- Tendon transfer
- Joint Fusion

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