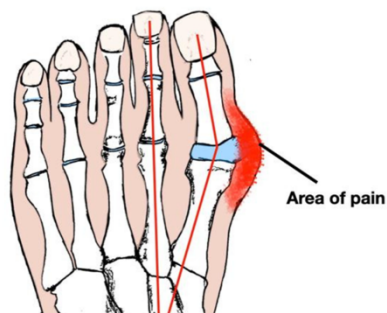
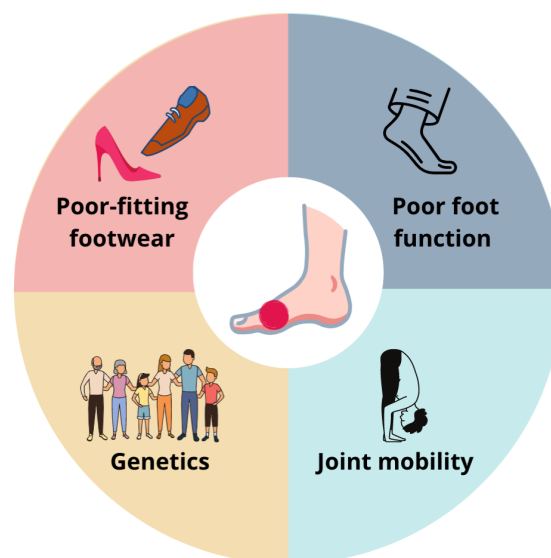


Bunions



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