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## Bunions

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### Information from Foot Solutions

Bunions are a very common condition that affects women significantly more than men due to poorly fitted footwear. A bunion is a bony protrusion that can occur at the base of the big toe joint. This bony lump can cause friction and pain when wearing shoes. Bunions are frequently associated with inflammation of the bursa, a fluid-filled sac that helps cushion the bones of the foot. Another type of bunion, called a Tailor's bunion or bunionette, forms on the outside of the foot on or at the base of the little toe joint. Smaller than a typical bunion, it is caused when the little toe is pressed in towards the big toe. With continued displacement of the big toe towards the smaller toes, a bunion can lead to the big toe resting under or over the second toe (a common condition called overlapping toes). It also can lead to a toe muscle deformity called hammer toes.

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### Symptoms

- Inflammation of the affected toe joint, foot and surrounding area
- Soreness on the side of the big toe
- Discomfort or pain when walking or wearing shoes
- Callus formation under the protrusion
- Difficulty fitting into shoes

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### Causes

- Excessive rolling inward of the feet (over-pronation) while walking
  - Various arthritic, genetic and neuromuscular diseases
  - Abnormal foot function
  - Improperly fitted shoes
  - Wearing shoes with a small toe box, especially common with dress shoes and boots that taper in the toe area
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## Treatment and Prevention

- In the early stages of bunion formation, soak feet in warm water
- Wear properly fitted shoes
- Wear bunion shields or bunion bandages to limit the progression of bunion, relieve pain and provide a healthy environment for the foot
- Choose shoes with a high, wide toe box
- Add arch supports to your shoes for extra comfort, support and protection
- Wear rocker soled shoes to relieve pressure on the bunion
- Wear night splints
- If left untreated, surgery may be necessary

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## Foot Solutions Products

- Supportive athletic, casual or dress shoes
- Rocker soled shoes
- Off-the-shelf arch supports
- Custom arch supports
- Night splints

Visit a Foot Solutions fit expert today for a free digital foot assessment, consultation and treatment recommendations for effective non-invasive solutions.

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