

Fast Facts

Bunions

- Bony bumps that occur at the joint of the base of your big toe
- Result of something causing the bones in the front part of your foot to move out of place, makes the tip of your big toe get pulled toward the smaller toes, forcing the joint at the base of your big toe to stick out
- Exact reason this occurs is unknown
- Thought to be from an inherited foot type, foot stress/injuries, or deformities present at birth
 - Also believed to be associated with arthritis, especially inflammatory types (rheumatoid arthritis)
- Experts aren't sure if wearing tight, high-heeled, or too-narrow shoes cause bunions or just makes them worse
- Smaller bunions (bunionettes) can develop on the joint at the base of your little toe

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Bulging bump on the outside of the base of your big toe -Swelling, redness, or soreness around your big toe joint -Corns or calluses (usually between first and second toes) -Ongoing pain or pain that comes and goes -Limited movement of big toe 	<ul style="list-style-type: none"> -Depends on its severity and how much pain it's causing <p><i>Nonsurgical:</i></p> <ul style="list-style-type: none"> -Wear roomy, comfortable shoes that provide plenty of space for your toes -Over-the-counter nonmedicated bunion pads or cushions -Padded shoe inserts (over-the-counter or prescription orthotic devices) -Apply ice to bunion after you've been on your feet too long or if it becomes inflamed -Over-the-counter pain relievers (acetaminophen, ibuprofen, or naproxen sodium) -Cortisone injections <p><i>Surgical:</i></p> <ul style="list-style-type: none"> -Many procedures available for bunions (can be done as a single method or in combination) -Full recovery can take weeks to months -To prevent a recurrence, you'll need to wear proper shoes after recovery 	<ul style="list-style-type: none"> -Wear comfortable shoes -Shoes should have a wide enough toe box that your toes aren't crowded -Shoes should have space between the tip of your longest toe and the end of the shoe -Shoes should conform to your feet but not squeeze or press on any part of your foot

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