

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.

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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.



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