

Surgical Correction

In cases where a Bunion is still problematic an operation may be considered, with a view to reducing pain and improving the position of the joint. Your G.P. or Podiatrist can refer you to a Podiatric Surgeon for a consultation, if required.

**Any questions, please
ask your Podiatrist**

Comments, concerns or complaints?

If you have any comments, concerns or complaints and would like to speak to somebody about them please telephone:

01773 525119

Are we accessible to you?

This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages.

For free translation and/or other format please telephone:

01773 824171 ext. 5587, or email us at: communications@dchs.nhs.uk



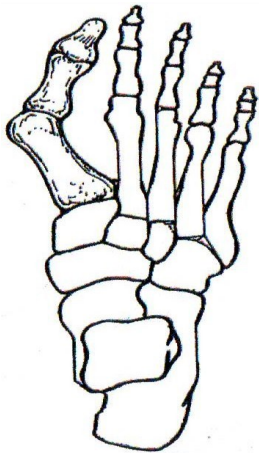
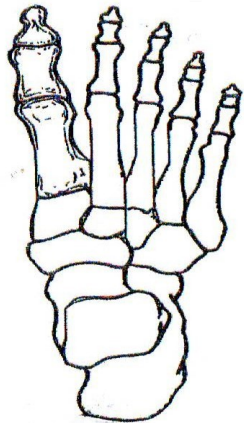
**Community Podiatry Services
(Biomechanics Group)**

A Guide to Bunions (HAV)



What is a bunion?

It is a common forefoot deformity. Where the angle of the 1st metatarsal alters causing a bony prominence on the side of the foot.



What causes a bunion?

There are many factors that may lead to the progression of a Bunion:-

- Strong family history
- Ill fitting footwear
- Abnormal foot function (in particular over pronation)
- Arthritis

Can a bunion be prevented?

Unfortunately there is no research to suggest that a Bunion can be prevented. However, there are measures that can be used to help to make your feet work better and reduce pain.

What treatment can I have?

A HPC Registered Podiatrist can advise you on good fitting footwear and assess your foot type.

If there is poor foot function, insoles can be issued. These can improve your foot posture and help stabilize your bunion for walking.

The aim of the insoles is to improve your pain level. However, there is no guarantee insoles will prevent the bunion becoming larger.