

# Bunions



## What is it?

A bunion is a structural foot deformity, characterised by a shift in the angle of the great toe. Tissues surrounding the joint often become swollen and tender. Bunions are a common problem and frequently cause foot pain and difficulty wearing shoes.

## Treatment options and management

ACCOMODATIVE TOE PROPS - custom-made silicones can give instant relief for painful bunions by reducing the irritation with other toes and redistributing pressure.

BUNION SUPPORT- bunion supports or night splints can at times help the toe be pain-free, but cannot change the positioning of the toe.

SURGICAL CORRECTION - Where a bunion is causing persistent pain and all conservative treatment options and management has been exhausted, a surgical opinion can be considered.

## Exercises



Stretching exercises will not correct the position of the toe. This is due to the adaptation of bone which has been developing for many years. However, these exercises are very important in keeping the muscles in the foot flexible and mobile.

Here are a few exercises to get you started:

TOE GRIP - Place a small towel or flannel on the floor. Sit down and pull the towel towards you. Only use your toes to scrunch the towel. Repeat this motion for up to 5 minutes.

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**TOE POINT & CURLS** - This works on your toe joints by flexing the joint in your feet. Sit on a surface with your feet about 6 inches away from the floor. Point and curl your toes slowly. Do it for 20 repetitions, 2 to 3 sets.

**HEEL RAISE** - While sitting, place your foot flat on the floor. Lift your heel and place most of the weight on the inside of the ball of your foot. Hold for 5 seconds and return to the floor. Repeat 10 times for each foot.

**TOES SPREAD OUTS** - While sitting, place your foot flat on the floor. With your heel fixed to the ground, lift and spread your toes. Repeat this exercise 10 to 20 times on each foot.

## Custom-Made Orthotics and Biomechanical Function

Orthotics cannot correct a bunion, but they can help with reducing pain in the big toe joint and slow its progression. Conditions such as flat feet can put more pressure on your bunion and orthotics can redistribute that pressure.

If you are experiencing pain in your big toe joint when walking or exercising, the use of orthotics can be beneficial in reducing symptoms. A custom-made orthotic with specific features can provide comfort, and improve function.

*Ask us for more details, and we can assess and advice you on what treatment will be beneficial to you.*



*For more information, contact us  
at Tel. [0118 304 9389](tel:01183049389)  
[or book online](#)*

