

## WHAT IS A BUNION?

A bunion is a “bump” on the outer edge of your big toe and forms when the bone or tissue at the big toe joint moves out of place. You may have a bunion if this area of your foot is red, swollen, or painful.

# BUNION BASICS



## WHY DO I HAVE A BUNION?

Blame your genetics first, but your footwear next! Bunions tend to run in families, specifically among those who have the foot type prone to developing a bunion. If you have flat feet, low arches, arthritis, or inflammatory joint disease, you can develop a bunion.

Footwear choices play a role too! Wearing shoes that are too tight or cause the toes to be squeezed together, like many stylish peep-or pointed-toe shoes, aggravates a bunion-prone foot.

## WHAT CAN I DO ABOUT MY BUNION?

If you've noticed the beginnings of a bunion, avoid high heels over two inches with tight toe-boxes. You can also use a bunion pad inside of your shoes to provide some protection.

## WHO CAN HELP WITH MY BUNION?

Today's podiatrist is the bunion expert and can help you Beat Bunions Blues! There are several treatment options available, including the following:

- Padding and taping to minimize pain and keep the foot in a normal position, reducing stress and pain.
- Anti-inflammatory medications and cortisone injections can be prescribed to ease acute pain and inflammation.
- Physical therapy can relieve bunion pain, and ultrasound therapy is a technique for treating bunions and their associated soft tissue involvement.
- Orthotics or shoe inserts may be useful in controlling foot function to prevent worsening of a bunion.
- Surgery is an option too. Your podiatrist can offer several different surgical options depending on your unique situation.

Visit [APMA.org/Bunion](https://www.apma.org/Bunion)

SPONSORED IN PART BY

