

# Foot Clinic

## CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

## SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

## Bunions & Overlapping Toes

Bunions referred to in the medical community as Hallux Valgus are one of the most common forefoot problems. A Bunion is a prominent bump on the inside of the foot around the big toe joint, this bump is actually a bone protruding towards the inside of the foot. With continued movement of the big toe towards the smaller toes, the big toe may rest under or over the second toe. This causes a forefoot condition called OVERLAPPING TOES. Some of the symptoms of Bunions include inflammation, swelling and soreness on the side surface of the big toe joint. The discomfort may cause difficulty in walking.

Another type of Bunion which some individuals experience is called a Tailor's Bunion, also known as a Bunionette. This forms on the outside of the foot at the joint of the little toe. It is a smaller bump that forms due to the little toe moving inwards towards the big toe.

Bunions are experienced mostly by women. The deformity can develop from an abnormality in foot function or arthritis and may be aggravated by wearing improper fitting footwear. Tight narrow dress shoes with a constrictive toe box (toe area) can cause the foot to begin to take the shape of the shoe leading to the formation of a Bunion. Women who have Bunions normally wear dress shoes that are too small for their feet, their toes are squeezed together in their shoes causing the first Metatarsal bone to protrude on the side of the foot. Finding suitable attractive footwear is a challenge.

Treatment of Bunions. This includes the use of foot orthoses, deflective padding and improvement in footwear. Some cases may require surgery to correct the deformity.

