Bunions, also known as Hallux Abducto Valgus, are one of the most common foot deformities that may or may not cause forefoot pain. They can be hereditary or caused by ill-fitting footwear or poor foot function.

What can I expect from non-surgical treatment options?

- Reduced pain due to improved foot function with use of appropriate insoles and shoes
- Prevent bunions from getting worse
- Bunions cannot be cured or resolved with non-surgical treatment options

Common non-surgical treatment options:

- **Wide fitting footwear** - To provide enough support for the foot and space at the forefoot area
- **Orthoses** - For better foot function and to slow down progression of the bunion
- **Exercise** - Foot exercises help to strengthen the small muscles in the foot. These exercises should be prescribed by a therapist.

Other treatment options:

- **Rigid Taping**
- **Joint Mobilisation**
- **Surgery**

Scan the QR codes for more information:

- Stretches and Exercises for Hallux Abducto Valgus (HAV) Deformity
- How to Choose Appropriate Footwear
- FAQs on HAV

For more information, kindly consult your podiatrist.

Bunions cannot be cured or resolved with non-surgical treatment options. Reducing pain due to improved foot function with use of appropriate insoles and shoes is one of the expectable outcomes from non-surgical treatment options.