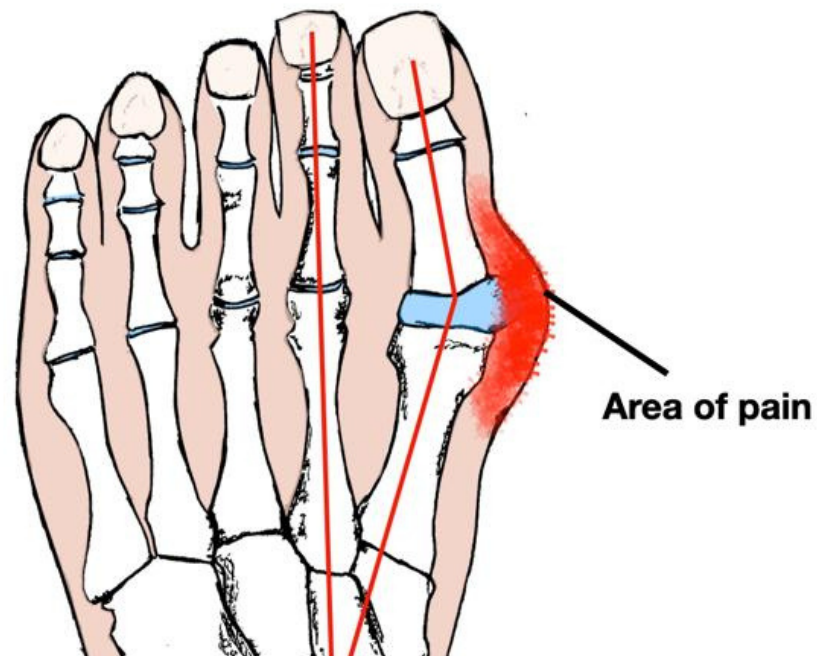
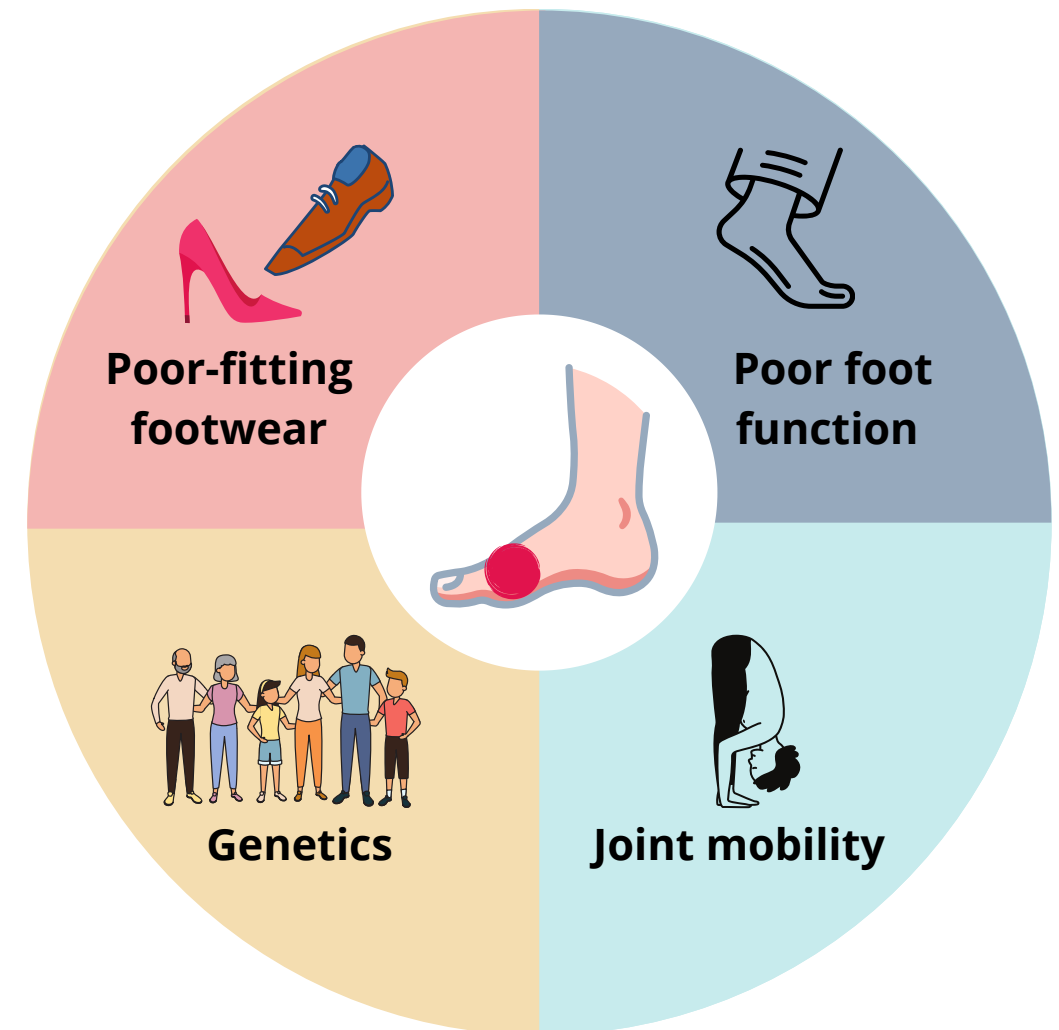


Bunions



Common risk factors:



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

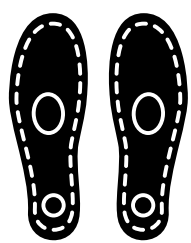


Bunions cannot be cured or resolved with non-surgical treatment options

Common non-surgical treatment options:



Wide fitting footwear - To provide enough support for the foot and space at the forefoot area

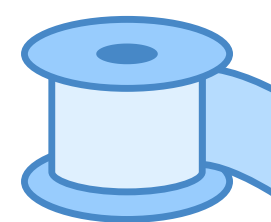


Orthoses - For better foot function and to slow down progression of the bunion



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.