



Bunions and Big Toe Joint Pain



Are you starting to notice a lump or bump on the side of your big toe?

Are you experiencing pain in this joint when you are wearing shoes?

Bunions are extremely common conditions seen by Podiatrists. They are often seen as a bony lump near the base of the big toe joint which can eventually lead to osteoarthritis. The first toe joint plays an extremely important role in how we function during walking and running, and changes to this joint can reflect further than the foot itself.

A conservative approach is usually the first line of treatment, all depending on the individual and stage of the deformity. Re-aligning the foot with the aid of an orthotic can prevent further degeneration. Along with this, a change of footwear may help decrease the pressure and compliment the orthotics. Surgical correction of the bunion is another option but should only be considered if the conservative measures have failed.

Call 9388 9999