

Conservative treatments for bunion pain

Effective conservative treatment for bunion deformities really depends on what it is about the bunion that bothers you. Below are subheadings of different kinds of pain that patients experience with their bunions.

Bump pain:

If you are having pain from the bump, it will usually be with tighter and dressier shoes. We either recommend changing out those shoes for ones with a wider toe box area, or a softer-more elastic material or even having the shoes 'spot' stretched at a local cobbler. Our favorite local stores for 'bunion friendly' shoes are Sole Perfection and Shoes-N-Feet.

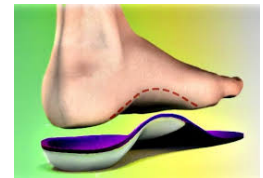
Felt Horseshoe accommodative pads are made of 1/8" adhesive felt and can be found on Amazon as a callous cushion. They can be stuck to the foot or inside the shoe *around* the bunion.

Bunion shields are silicone or gel pads that go directly over the bunion and protect it from shoe pressure.

Joint pain:

Joint pain comes from the 'hallux valgus' or the shifting of the big toe towards the lesser toes. The big toe joint is out of alignment and will start getting a degenerative arthritis from uneven joint pressure.

Orthotic arch support: Custom rigid shoe inserts can help shift weight bearing forces away from the big toe and towards the lesser toes. They can make a big difference!



If **custom orthotics** are not an option, we recommend over the counter devices like **Cadence** or **Prolab prefab** dress orthotics. Both can be purchased from Sole Perfection store. We often 'customize' or modify these off-the-shelf devices when you bring them back to our office.

-Gel toe spacer (on the left). PediFix Visco-GEL Toe Spacers – Large from Amazon

-The bunion regulator night splint (on the right)

PediFix night time Bunion regulator from Amazon



KT taping: taping the toe in the proper position with KT tape can help a lot with joint pain and it can last 3 days or longer. Google "kt tape bunion" to learn how.

Pain under the second metatarsal (just behind the 2nd toe)

Orthotic support: cushioned arch supports or insoles are the best treatment for this pain. A Spenco 'Polysorb' insole or custom 'doctor-made' orthotic are the best for this.

Gel foot pads can be found on Amazon or in pharmacies and are a nice cushion under the ball of your foot.

Surgical decision making

The decision for surgery is a personal one. It should include factors like bunion pain, efficacy of conservative treatment, difficulty with shoe fit and cosmetic issues. It should also include factors like activities that are being avoided because of the deformity and even secondary factors like deductibles, yearly maximum out of pocket expense, availability of friends or family for short term help, job requirements, vacation and travel plans, other medical issues.....