

# BUNIONS

A bunion or hallux valgus is defined as a deviation away from the mid line of the great toe. More commonly described as a bump on the big toe joint, a bunion is caused by a pronated (flat) foot and an excessively flexible great toe joint. When these two conditions exist, the big toe will be called upon to absorb a tremendous amount of weight as the foot pushes away from the ground during walking. Eventually, this forces the toe to deviate or bend towards the baby toe.



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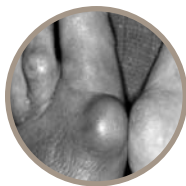
Foot & Ankle Centre Inc.

*Don't let pain stop you in your tracks...  
Let the foot care professionals help.*

[www.desimonefootcentre.com](http://www.desimonefootcentre.com)

# Treatment

- 1 An orthotic (custom made insert) can eliminate the over pronation of the foot and thus, prevent further deviation of the big toe joint.
- 2 Proper footwear will be an integral part of your treatment. Speak with your Chiropodist/ Podiatrist for details.
- 3 Physiotherapy treatment may be required to reduce the inflammation and pain within the joint, and strengthen the small muscles of the foot. Your Chiropodist/Podiatrist may introduce laser and/or an exercise program.
- 4 If pain and dysfunction persist, surgery may be required. This involves aligning the great toe, and correcting the deformity.



## Other Services

- Foot and ankle injuries
- Ingrown nails
- Flat feet
- Fallen arches & hammertoes
- Warts, bunions & callouses
- Muscle spasms & tendonitis
- Arthritic & diabetic problems
- Orthotic needs
- Geriatric & pediatric orthopedic conditions
- Personal service
- Computer gait scan analysis for accurate diagnostics
- Orthotic plaster of paris casting
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- Early morning, lunchtime & evening appointments
- Unhurried care
- VISA, Master Card, Interact & debit cards welcome
- Nous parlons français



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