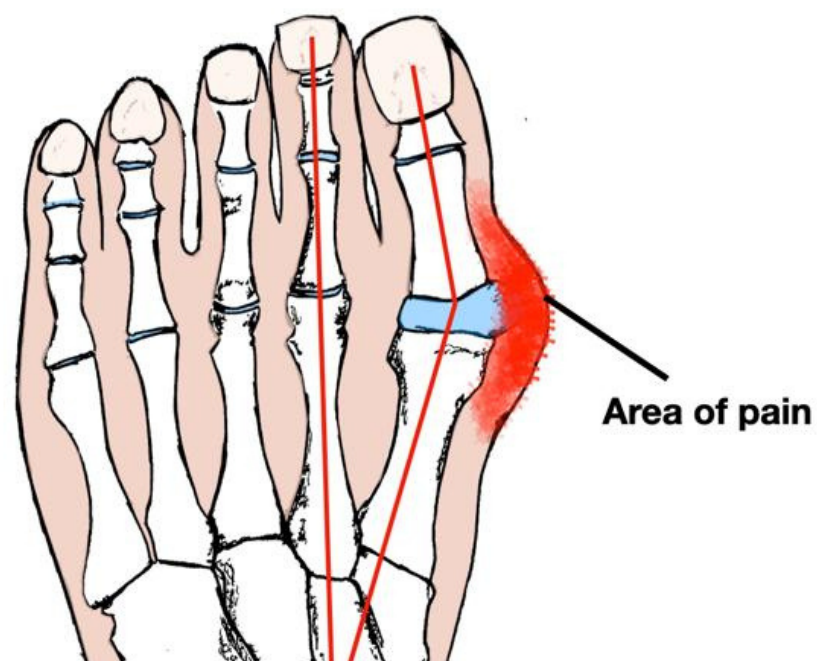
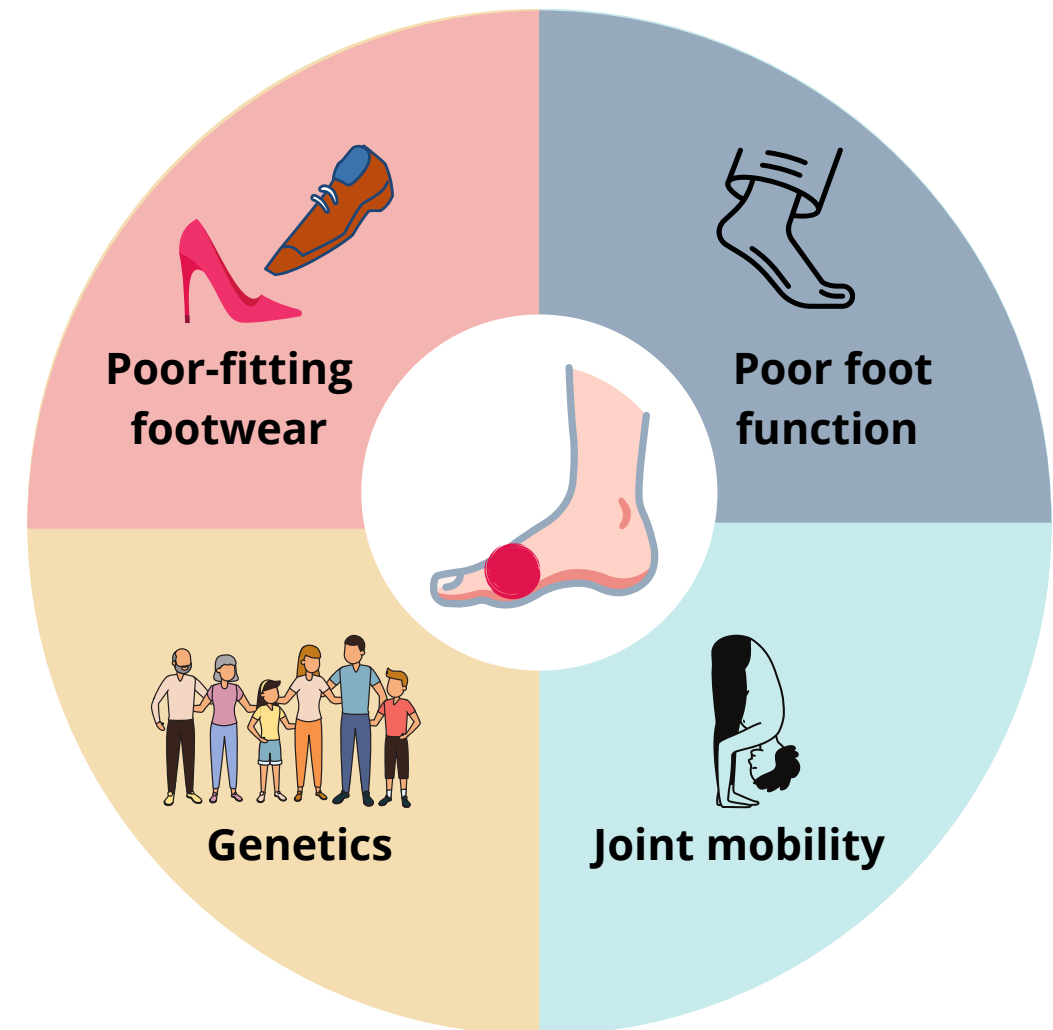


# Bunions



## 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

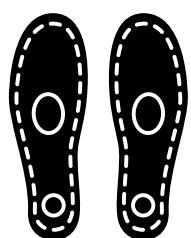


Bunions cannot be cured or resolved with non-surgical treatment options

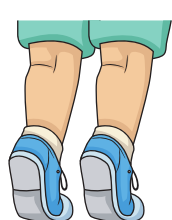
## Common non-surgical treatment options:



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

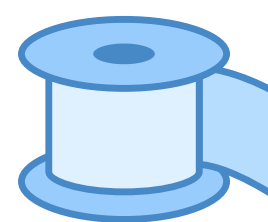


**Orthoses** - For better foot function and to slow down progression of the bunion



**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.