

Bunions

Symptoms

Bunions are often described as a “bump” on the side of the big toe, caused by a mal-alignment of the big toe joint. The big toe leans toward the second toe, rather than pointing straight ahead.

Bunions may be swollen, tender and painful, especially when wearing shoes. Pain often occurs when wearing shoes that crowd the toes, ie pointy toes or high heels. This explains why women are more likely to have symptoms than men. Spending long periods of time on your feet can aggravate the symptoms. Symptoms, which occur at the side of the bunion may include:

- Pain / soreness
- Inflammation and redness
- Burning sensation
- Perhaps some numbness

Causes

Bunions are progressive and gradually changing the angle of the bones. There are many causes for bunions to occur, they may be inherited, the result of biomechanical abnormalities, trauma, result of arthritic changes or from years of wearing ill-fitting shoes.

What can I do?

- Proper footwear - choose shoes with a wide toe box with good support and forgo the pointed toes or high heels
- Over the counter protective padding to cushion the bunion
- Apply cold compresses
- Medication – over the counter anti-inflammatory. See your family doctor for a consult to a specialist for a proper evaluation and intervention.

Clients with diabetes or poor circulations are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at www.footcarenurse.ca



Information provided by:

**Manitoba Association
of Foot Care Nurses**

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