

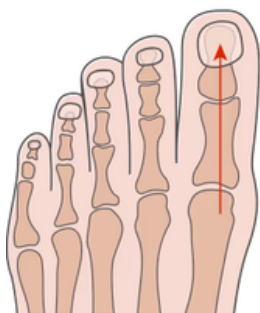
Hallux Valgus (Bunions)

An anatomical deformity of the big toe

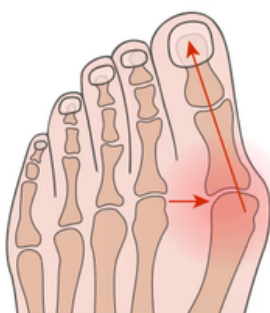
Hallux valgus (HV) is a condition when the big toe is rotated towards the little toes and causes the appearance of a “bunion”.

This deformity develops gradually and is largely influenced by genetics. It can sometimes develop due to trauma and narrow pointed footwear.

HV is more common in females and in individuals with flat feet and joint laxity. Pressure from tight shoes can lead to discomfort, skin irritation, and inflammation. Hallux valgus may increase the risk of developing osteoarthritis in the big toe.



NORMAL



HALLUX VALGUS

Treatment focuses on supporting the arch of the foot and reduce pressure on the bunion.

This is achieved with custom orthotics and appropriate shoe modifications.