

BUNION PAIN Info Sheet

Introduction

Podlink Info Sheets are designed to provide Foot Pain sufferers with a printable version of basic information to assist in the understanding of various foot & leg pain complaints. They provide information on the possible causes and treatments of those complaints.

Please remember that the following information is for guidance only and if you are in any doubt at all we recommend that you consult your local GP, Podiatrist or Physiotherapist without any further delay.

What is Bunion Pain?

Bunions are one of the most common of all foot problems. A bunion refers to the bony growth on the outside of the big toe that forms as the bone under the toe shifts. This results in the big toe moving out of place and moving towards the other toes. The pain from bunions varies from mild discomfort to extensive pain and can lead to a number of other problems such as corns and calluses. The condition is called hallux abducto valgus (HAV).



What causes Bunion Pain?

Bunions can certainly be irritated by footwear but rarely is the cause of the condition as was often thought in years gone by. Bunions have been found on people who have never worn footwear in their lives.

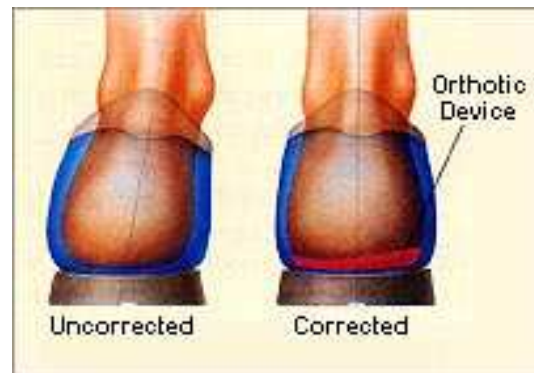
Biomechanical foot problems such as over pronation (excessive rolling in of the foot) and a short first metatarsal are the most common causes of this condition. Towards the end of the gait cycle when the

foot has excessively pronated we tend to roll off the inside of the big toe pushing it towards the second toe. This repetitive motion over time pushes the big toe so that it assumes this position permanently. If you study the above diagram imagining the foot has excessively flattened and the heel has just come off the ground your foot will tend to roll off the side of the big toe. Add to this a short metatarsal and we have a very poor lever arm that renders the joint unstable.

Other causes include, hereditary predisposition to bunions, one leg being longer than the other can also be a contributing factor to bunions and a lack of strength in foot ligaments when a hormone is released during late pregnancy to assist with child birth.

What treatments help Bunion Pain?

The main objective is to control excessive abnormal pronation to reduce the medial forces acting upon the bunion. Reducing this force and stress will assist in proper weight redistribution away from the bunion. Symptoms will often improve within a few days. Podlink orthotics help control this motion by supporting the medial longitudinal arch and reducing excessive pronation redistributing weight away from the bunion at toe off. The 3/4 length design of Podlink orthotics accommodate the width that is often needed in a shoe when a foot has a bunion. The nature of the material used in manufacture allows for modifications around a bunion using scissors or a grinder. We recommend wearing your Podlink Orthotics in gradually over a 2-6 week period combined with appropriate footwear.



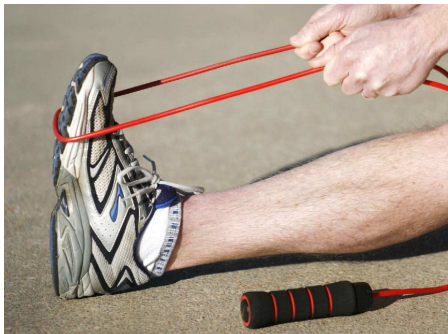
Correctly fitted footwear, with wide fitting shoes are the most appropriate and avoid high heels wherever possible.

Bunions that have become red and swollen and particularly painful can be treated with ice for temporary relief.



Icing is a very effective way of reducing inflammation. You can use any technique that suits your needs but we generally recommend approximately 10 minutes to the painful area no more than every four hours. The end of the day is generally the most effective time. Ice packs can be bought at most pharmaceutical retail outlets and sports stores. It is always a good idea to place the pack in a towel so the cold pack or ice is not in direct contact with the skin.

Stretching the muscle groups around the foot region. Daily stretching can be effective in reducing tension in the muscles and tendons.



Stretches should be done in a gentle motion until tension is felt in the muscle then hold for 20 seconds and rest for one minute then repeat 3-4 times. If burning in the leg or muscle occurs you may be applying too much force. If pain persists you may have to see a foot care professional.



Podlink Orthotics Features & Benefits

Podlink Orthotics provides genuine **medical grade biomechanical alignment** of the foot. They are not simply cushioning insoles.

Podlink Orthotics are **designed by Podiatry Professionals** with more than 20 years clinical experience.

Podlink Orthotics are made from a combination of Flexene & Polypropylene providing **long lasting relief, absorption and control** compared to other EVA alternatives that compress and quickly lose control.

Our belief in our product is supported by **our commitment** to provide our on-line customers with a **no risk** foot pain solution.



For more information on Bunion Pain or other foot and leg pain related complaints please refer to our website www.podlink.com.au