

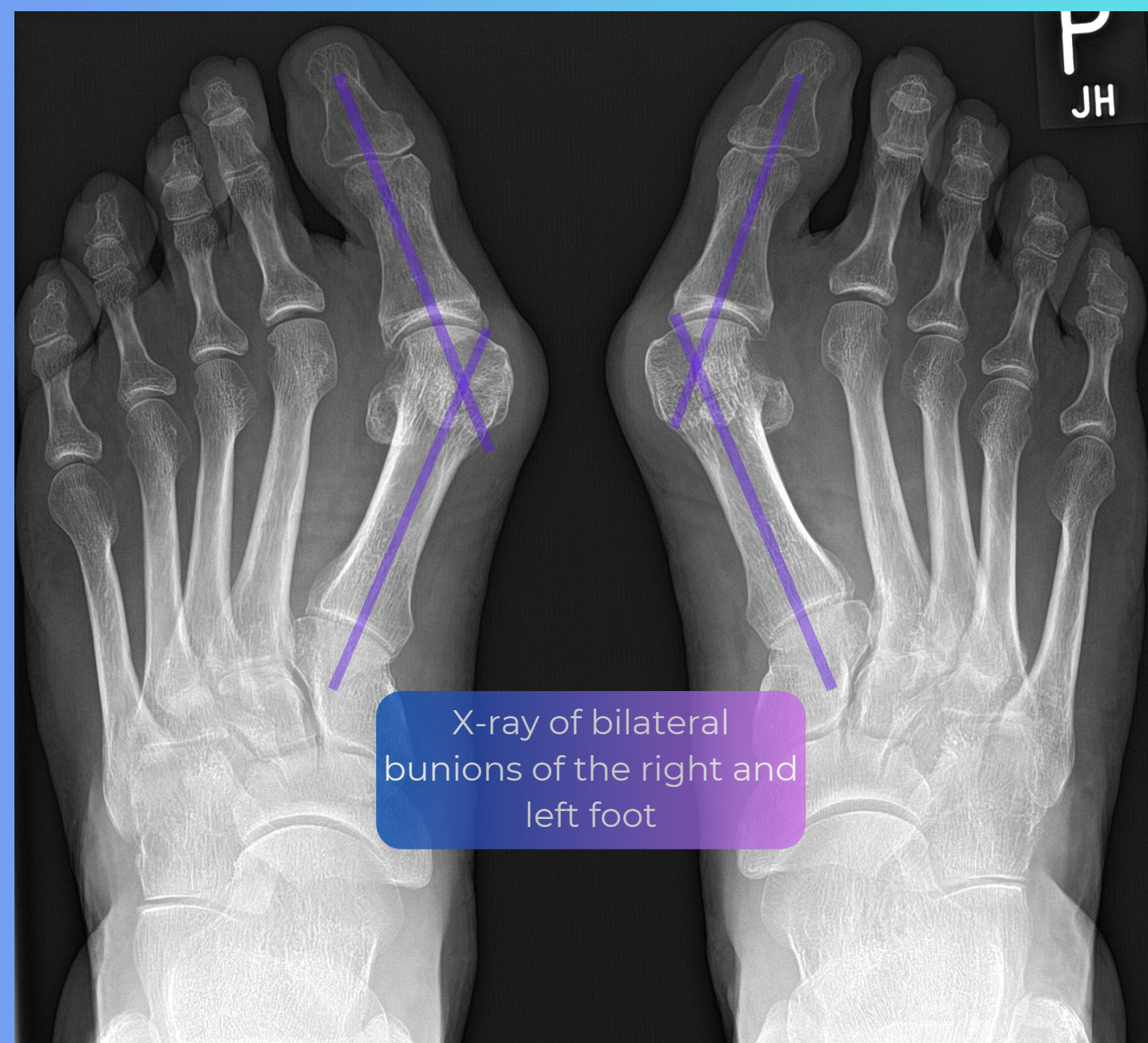
BUNION

HALLUX VALGUS

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Bunions, also known professionally as hallux valgus, are a common foot deformity in which the big toe is deviated towards the other toes. Risk factors for the development include genetic (hereditary) predisposition, wearing inappropriate footwear (especially narrow-toed shoes or high heels), prolonged overuse, joint inflammation or injury. Hallux valgus is more common in women. This deformity also becomes more common with increasing age, but can also occur in young people. A bunion is often part of a complex forefoot deformity in combination with a transverse flatfoot.



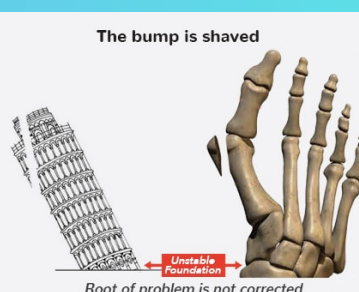
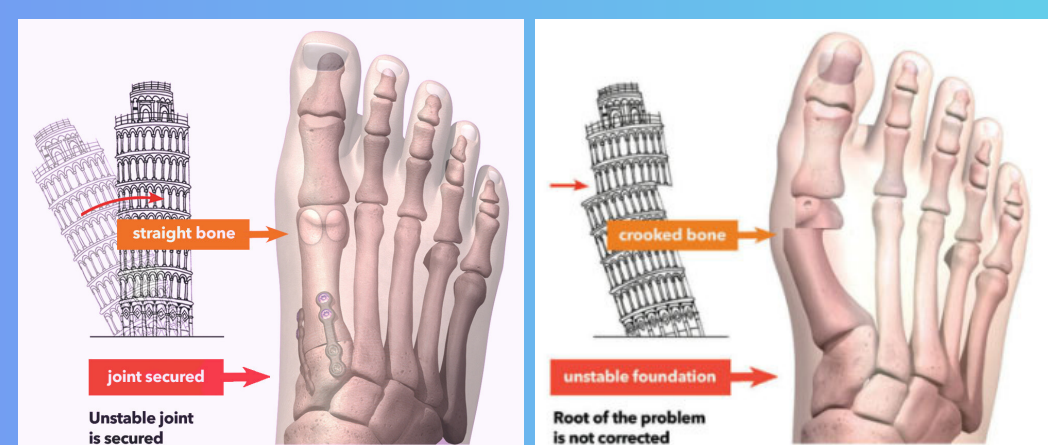
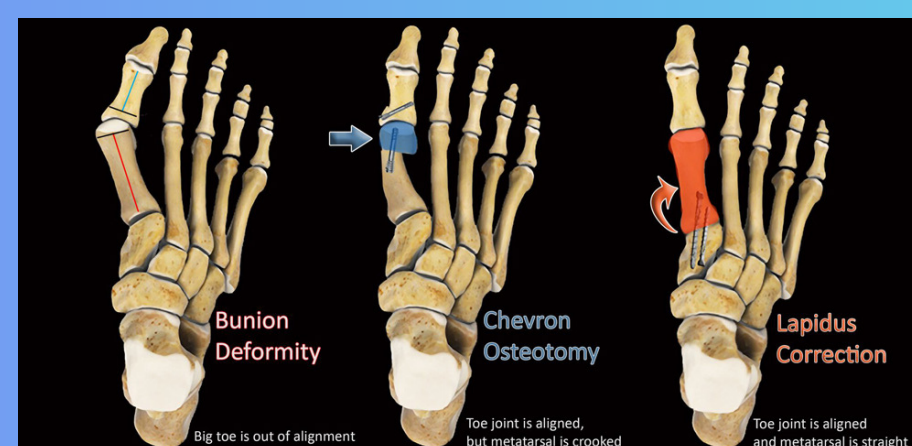
We choose **surgery** in more severe cases. The type of surgical treatment depends mainly on the degree of deviation of the thumb in relation to the surrounding fingers. The aim of the surgical treatment is to straighten the thumb, removing the painful blister. The alignment of the thumb is most often performed miniinvasively by osteotomy of the first ray or the base link of the thumb with fixation with screws (see the picture of the X-ray)

The choice of treatment depends on the degree of deformity of the thumb.

Mild cases of deformity are dealt with conservatively only by changing shoes or using orthopedic inserts. To correct the thumb, it is recommended to use devices available in medical supplies, e.g. gel interdigital correctors, corrective orthoses.

Kinesiotaping is also used for correction.

Rehabilitation including physiotherapy is also important.



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