

Bunions and Hammertoes

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Bunions

- What is a bunion?
- Symptoms
- How they develop
- Treatment options



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What Is a Bunion?

- A bunion is an enlargement of the joint at the base of the big toe (the metatarsal-phalangeal [MTP] joint) that forms when the bone or tissue at the big toe joint moves out of place. This forces the toe to bend toward the others, causing a prominent lump of bone that is often painful.

What Is a Bunion?

- The MTP joint itself may become stiff and sore, making even wearing shoes and walking painful
- A bunion can also occur on the outside of the foot just behind the little toe, where it is called a “bunionette” or a “Tailor’s bunion”

Symptoms of a Bunion

- Development of a hard or firm bump on the inside edge of the foot by the 1st MTPJ, at the base of the big toe joint
- Redness, swelling, or pain at or near the MTP joint
- Restricted or painful motion of the big toe

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How Do You Get a Bunion?

- Bunions form when the normal balance of force that is exerted on the joints and tendons of the foot becomes disrupted. This can lead to instability in the joint and cause the deformity.



How Do You Get a Bunion?

- Bunions are generally progressive in nature, brought about by years of abnormal motion and pressure over the MTP joint
- Bunions are symptoms of:
 - Faulty foot function
 - The way we walk
 - Inherited foot type
 - Shoe gear aggravation

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Other Causes of Bunions

- Foot injuries
- Neuromuscular disorders
- Congenital deformities
- Wearing shoes that are too tight
- In some people, feet that flatten excessively
- Arthritis or inflammatory joint disease

Treatment Options: Conservative

- See Dr.Hattan at the first indication of pain or discomfort – x-rays may be taken
- Padding, taping and bracing
- Medications
- Physical therapy
- Orthotics
- Changing shoe types

Treatment Options: Surgical

- Surgery can remove the bony enlargement, restore the normal alignment of the toe joint, and/or relieve pain
- Many types of bunion procedures:
 - Simple bunionectomy
 - Head procedures
 - Base procedures
 - Joint destructive procedures

Before

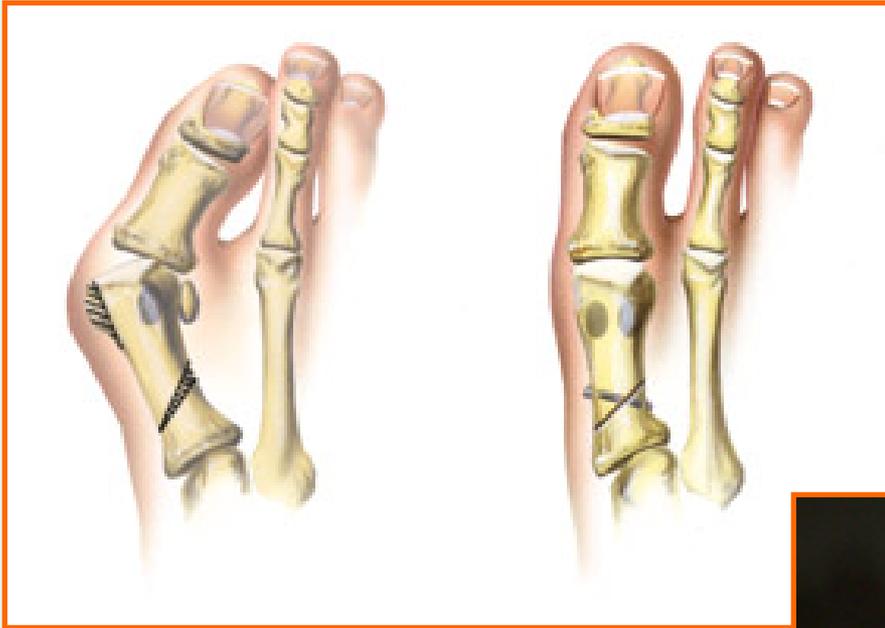
During

After



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Bunion Surgery

- Recuperation takes time
- There may be swelling and some discomfort for several weeks following the procedure
- Pain is usually managed with medication prescribed by Dr. Hattan

Hammertoes

- What are hammertoes?
- Symptoms
- How they develop
- Treatment options



What are Hammertoes?

- A hammertoe is a contracture or bending of the toe at the first joint of the digit (the proximal interphalangeal joint) that causes the toe to appear like an upside-down V when viewed from the side
- Any toe can be involved; most commonly the second through the fifth
- More common in women

Symptoms of Hammertoes

- Pain upon pressure at the top of the bent toe (usually due to footwear)
- The formation of corns on the top of the joint
- Redness and swelling at the joint contracture
- Restricted or painful motion of the toe joint
- Pain in the ball of the foot at the base of the affected toe

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How Do You Get a Hammertoe?

- An abnormal balance of the muscles in the toes
- Heredity and trauma
- Arthritis
- Wearing shoes that are too tight

Treat early to avoid more complicated treatment plans

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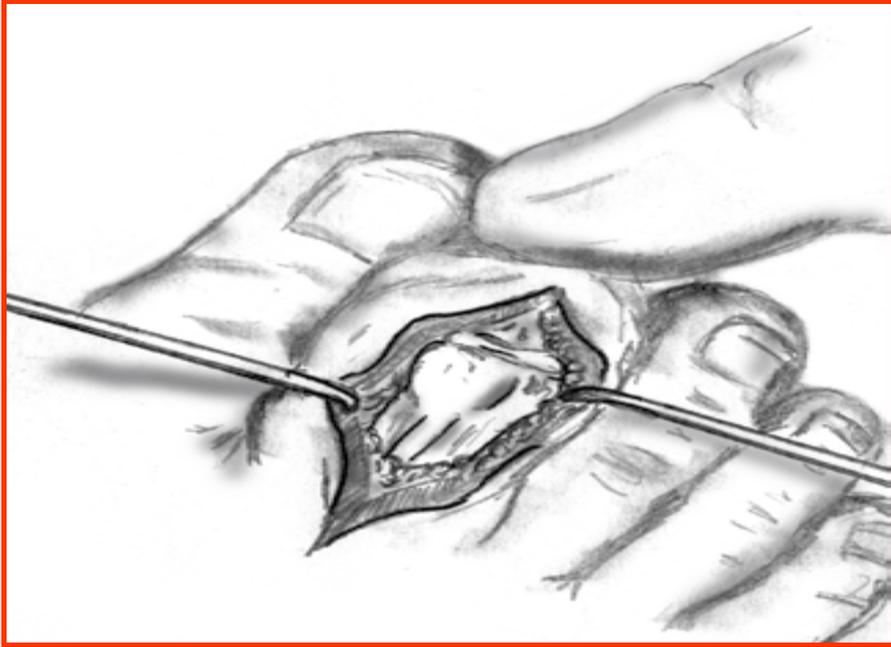
Treatment Options: Conservative

- Visit Dr. Hattan for a diagnosis and treatment plan – x-rays may be taken
- Padding, taping, and splinting
- Medication such as anti-inflammatory drugs and cortisone injections
- Orthotics
- Alternative shoe choices

Treatment Options: Surgical

- For less severe hammertoes:
 - Tendon release (if flexible)
 - Bone remodeling
- For more severe hammertoes:
 - Removal of a portion of bone
 - Fusion (joining of bones)

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Hammertoe Surgery

- Recuperation takes time
- There will be swelling and some discomfort for several weeks following the procedure
- Pain is usually managed with medication prescribed by Dr. Hattan

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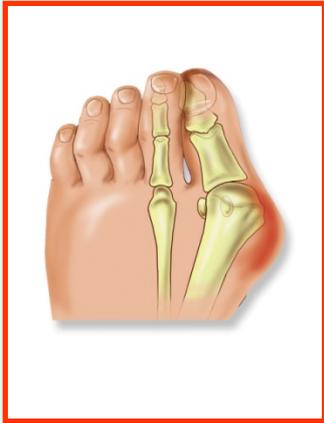
Foot Pain Is Not Normal

- Healthy, pain-free feet are a key to independence
- Regular screening by your podiatrist is necessary
- At the first sign of pain, or any noticeable changes in your feet, seek care from Dr. Hattan

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For More Information



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