

# WHAT IS HALLUX VALGUS?

Hallux Valgus, a common cause of 'bunion', is a bony lump that forms at the base of your big toe. If not detected and treated early, bunions can progressively worsen. There are both surgical and non-surgical treatments available, depending on the disease's progression.



## SYMPTOMS



Pain and tenderness



Redness



Inflammation



Difficulty walking



Stiffness & restricted motion in the big toe



Hardened skin on the bottom of the foot and around the big toe

## RISK FACTORS

- ▶ Wearing shoes that are too tight, narrow or pointed
- ▶ History of inflammatory arthritis
- ▶ History of injury or surgery
- ▶ Overuse from repetitive movements of the joint
- ▶ Foot mechanics or structural (affecting the way you walk)

**TO MAKE AN APPOINTMENT,  
PLEASE CONTACT US AT**

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