

Keeping Bodies

in Motion



by William G. Montross, D.P.M.

TREATING BUNIONS

More than half of the U.S. population have bunions, bony enlargements of the joint at the base of the big toe. It develops when the first metatarsal bone turns



outward and the big toe points inward, creating the sharp angle. Because shoes are not made to accommodate the resulting protrusion, the misaligned joint presses against the inside of the shoe, causing the bursa (the fluid-filled sac surrounding the joint) to become inflamed and the entire joint to become painful. Bunions tend to run in families, may accompany arthritis, and develop in flat feet and among pregnant women whose ligaments loosen due to hormonal changes. Most bunions, however, develop as a result of squeezing toes in shoes with a narrow toe box.

Though many people with bunions don't require surgery, if a bunion has reached the point of becoming painful and walking is difficult, a visit to an orthopaedist is in order. Avoiding shoes that are tight, short, or sharply pointed can minimize the chances of developing a bunion. For further information, phone **FRONT RANGE ORTHOPAEDICS** at (719) 473-3332. We are conveniently located at 175 South Union Blvd., Suite 200.

P.S. If conservative measures fail to help with bunions, or if there is an underlying deformity, surgical removal (bunionectomy) may be needed.