

# Hallux Valgus (Bunion)

## Complaints

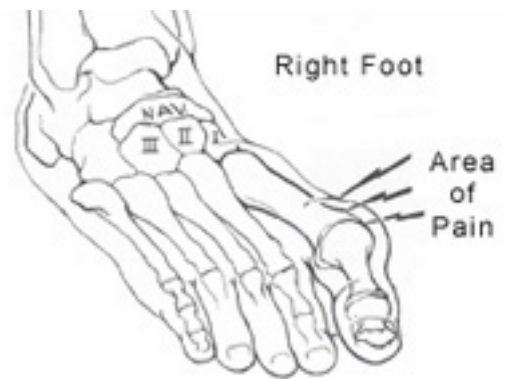
- Pain and tenderness on medial side of the first metatarsal joint (big toe)
- Pain may increase when area is compressed
- Pain increases with walking and running activities

## Possible Causes

- Pronation may increase symptoms
- May be hereditary
- May be aggravated by soft and unstable shoes

## Shoe Profile

The long axis of the shoe should provide maximum torsional control of medial foot rotation (pronation) and the midsole should provide proper vertical support. Proper support lessens the pressure on the joint of the big toe during the weight-bearing phase of the gait cycle. A wider toe box is advisable to decrease pressure on the first metatarsal head.



## Orthotics

Neutral (mild pronators) – Over-the-counter may be beneficial  
Moderate to excessive pronators – Custom orthotics may be beneficial

## Exercises

**\*\*Please consult your physician before engaging in an exercise program.\*\***

### Big Toe Joint Up Stretch



1. Sit with leg to be stretched crossed over opposite leg or sit on firm surface
2. Grasp forefoot at base of big toe with hand on side to be stretched
3. With index finger, long finger and thumb of opposite hand grasp the big toe near the base.
4. Hold the base of the big toe still, bend the big toe downward and hold
5. Return to starting position, relax, and repeat

### Big Toe Joint Down Stretch



1. Sit with leg to be stretched crossed over opposite leg or sit on firm surface
2. Grasp forefoot with hand on side to be stretched near the base of the big toe
3. Take thumb of opposite hand and place under big toe towards the base
4. Keep foot still and push up with thumb, bending big toe backward and hold

5. Return to starting position, relax, and repeat

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