



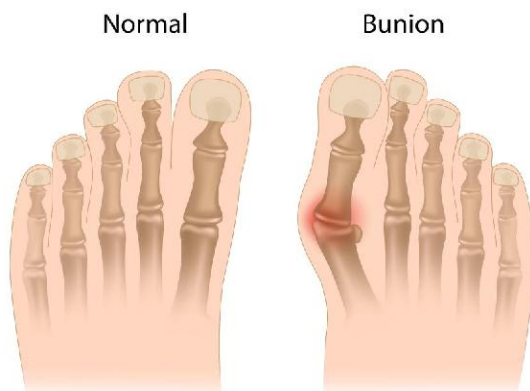
Enjoy life without pain!

April 2018

Dear valued patient,

The aim of this newsletter is to keep you up-to-date with the latest medical techniques and procedures that we use, to discuss patient safety and to disseminate information.

In this issue, we discuss Hallux valgus - also more commonly known as bunion.



Hallux valgus is a bony bump, sometimes known as a bunion, that forms on the joint at the base of your big toe. It is a deformity of the joint connecting the big toe to the foot. The big toe often bends towards the other toes and the joint becomes red and painful.



Dr. Christian Reintjes

German Orthopaedic Hospital
Office: + 973 17 23 99 88
Fax: + 973 17 23 99 80
info@germanortho.com
m.cord@germanortho.com
P.O. Box 249, Building 99,
Road 29, Block 329,
Manama, Kingdom of Bahrain

Causes, Symptoms and Treatment for Hallux Valgus

CAUSES

There are many theories about how bunions develop, but the exact cause is unknown. Factors include wearing overly-tight shoes, high heels, family history and/or rheumatoid arthritis.

RISK FACTORS

Heredity: The tendency to develop bunions might be because of inherited structural foot changes.

Footwear: People who wear shoes that are too tight, too narrow or too pointed (high heels) are more susceptible to bunions.

Rheumatoid arthritis: Having this inflammatory condition can make you more susceptible to bunions.

SYMPTOMS

The symptoms include irritated skin and redness around the bunion as well as pain when walking. Blisters may also form more easily around the site of the bunion. The presence of bunions can lead to difficulties finding properly fitting footwear and the sufferer may end up buying larger shoes. If the bunion deformity becomes severe enough, the foot can hurt in different places even without the constriction of shoes. Then it is considered as a mechanical function problem of the forefoot.

PREVENTION

Choose your shoes carefully! Your shoes should have enough space (wide toe box) — no pointy toes — and there should be space between the tip of your longest toe and the end of the shoe.

Your shoes should conform to the shape of your feet without squeezing or pressing any part of your foot.

TREATMENT

Treatment options may vary depending on the severity of your bunion and the amount of pain it is causing.

The conservative treatment for bunions includes changes in your choice of footwear. The use of orthotics (custom made insoles are available in our hospital), rest, ice and pain medications such as nonsteroidal anti-inflammatory drugs (NSAID).

Please NOTE: these treatment options address only the symptoms but do not correct the actual deformity

If the pain persists and becomes severe, as well as interfering with your daily activities, surgical correction by an orthopedic surgeon may be needed.

SURGERY

There are numerous surgical procedures for bunions and there are many different bunion surgeries for different effects. The age, health, lifestyle and activity level of the patient may also play a role in the choice of procedure.

Bunion surgery is usually performed under spinal or general anesthetic. The recovery time depends on age, health, severity of the problem and on the surgical techniques. For more information, please ask our Orthopaedic Consultant, Dr. Christian Reintjes.

We are happy to answer all your questions.

