



German Orthopaedic Hospital Matters

Dear valued patient,

This newsletter is aimed to inform you of the latest medical techniques and state-of-art procedures, to discuss patient safety and to share information. In this issue, we will discuss Hallux valgus – also more commonly known as bunion.



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



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Enjoy life without pain !



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Causes, Symptoms and Treatment for Hallux Valgus

CAUSES

Theories have been constantly brought up on the development of bunions, but the exact cause is still unknown. Factors include wearing improper shoes, family history and/or rheumatoid arthritis.

RISK FACTORS

Heredity: The tendency to develop bunions can be due to inherited structural foot changes.

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

Rheumatoid arthritis: if you have this inflammatory condition you are more likely to develop bunions (unfortunately!).

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. Bunions can give you a hard time finding properly fitting footwear and you may end up buying larger shoes. If the bunion deformity becomes bad enough, the foot can hurt in different places even without having shoes on. Therefore, 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 (or fancy heels!) - and there should be enough 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 changing your footwear selections! You may also consider using orthotics (custom made insoles are available in our hospital), getting some rest, applying ice and taking pain medications such as non-steroidal anti-inflammatory drugs (NSAID) may be your great aid in dealing with bunions.

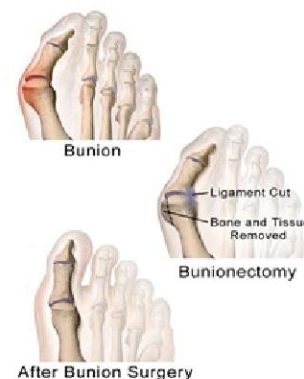
Please NOTE: these treatment options will only attend to the symptoms but will not cure the actual deformity.

If you still have pain or the pain worsens, to the extent that it hinders your daily activities, you may need a surgical correction to be done by an orthopaedic surgeon.

SURGERY

There is a variety of surgical procedures to treat bunions and many different bunion surgeries for different effects. Your age, health, lifestyle and activity level will contribute 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 case and the surgical techniques used. For more information, please consult our Orthopaedic Consultant, Dr.Christian Reintjes.

We will be more than pleased to answer all your question and ease your worries, if any!.



Best regards,
Dr. Christian Reintjes