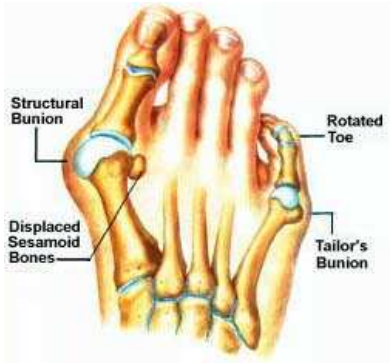
Gazelle Sports

Bunions

What is it?

- Unnatural, bony hump that forms at the base of the big toe where it attaches to the foot. Often, the big toe deviates toward the other toes. When this occurs, the base of the big toe pushes outward on the first metatarsal bone -- which is the bone directly behind the big toe -- forming a bunion.
- Because a bunion occurs at a joint, where the toe bends in normal walking, your entire body weight rests on the bunion at each step. Bunions can be extremely painful. They're also vulnerable to excessive pressure and friction from shoes and can lead to the development of calluses.



What does it feel like?

- Your bunion may not cause any symptoms.
- Or you may have pain in your big toe, red or irritated skin over the bunion, and swelling at the base of the big toe. The big toe may point toward the other toes and cause problems in other toes.

What are possible causes?

- The way your foot is shaped puts too much pressure on your big toe joint. Because bunions can run in families, some believe inherited shape of the foot can increase likelihood of bunions.
- Your foot rolls inward too much when you walk. A moderate amount of inward roll, or pronation, is normal but damage and injury can happen with too much pronation.
- You have flat feet.
- You often wear shoes that are too tight, pointed in the toes or with high heels.

What can I do?

- Rest.
- Wear shoes that do not hurt your feet (avoid high heels or narrow shoes.)
- Wear pads to cushion the bunion, and in some cases, you can use custom-made shoe inserts (orthotics.)
- Avoid activities that put pressure on your big toe/ foot, such as walking or running.

Prevention

- Proper footwear may prevent bunions. Wear roomy shoes that have wide and deep toe boxes (the area that surrounds the toes), low or flat heels, and good arch supports. Avoid tight, narrow, or high-heeled shoes that put pressure on the big toe joint.

Try these products

- Foot Rubz
- Shoe inserts

Gazelle Sports is pleased to provide general information such as that above, however, this information is not intended as a substitute for professional medical advice.

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