BUNIONS (HALLUX VALGUS)

- In general, look for a shoe with a wide forefoot, flexible material, and laces you can adjust. Ie: Altras, Topos, LEMS
- Specialty shoes stores: Dardanos and Fritzy Feet have professional/dress appropriate options



• Arch supports help prevent the foot from flattening and widening further when standing or walking



• Topical Anti-inflammatories can be used to decrease pain and inflammation associated with the bunion prominence (Diclofenac or homeopathic Arnica)

BUNIONS (HALLUX VALGUS)





Toe spacers can be used to prevent painful rubbing between the toes



A bunion sleeve can protect the bump on the side of the big toe

