

FOOTNOTES

*“Health Care Tips
On The Feet”*

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BUNIONS

A bunion is a swelling or enlargement of the large toe joint on the side of the foot. There is a very strong hereditary tendency for development. It usually becomes larger and more painful over time and may eventually get irritated because of shoes.

Bunions develop because of a weakness in the bone structure and ligaments causing instability and malalignment of the joints of the foot. This can lead to the development of a bunion which may, over time, become arthritic and painful. Shoes do not cause a bunion but can aggravate the problem.

Treatment of a bunion includes early recognition and evaluation. It is important to see your Podiatrist for suggestions on controlling the cause of the bunion so that symptoms do not arise or worsen. The doctor will evaluate the cause, often taking x-rays, and make recommendations on treatment. Treatment can vary from exercises, changes in shoe gear and prescription orthotics to stabilize the condition. If conservative treatment is not successful surgical correction may be considered.

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