

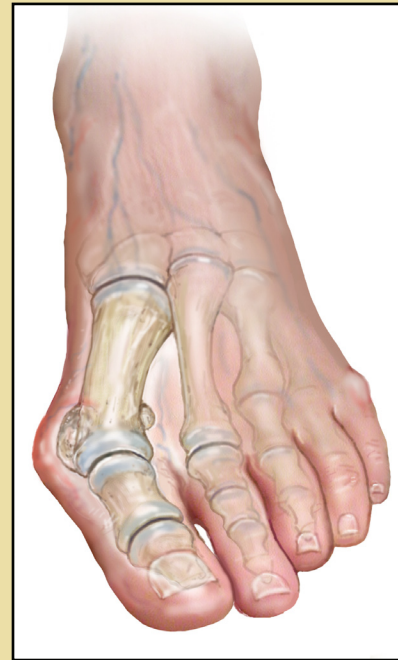
# Understanding Bunions

## Anatomy

A bunion (hallux valgus) is an abnormal angulation of the big toe relative to the foot that is caused by several factors. Some people have a genetic predisposition to developing bunions. Others may develop them because they have worn improperly fitting shoes over a long period of time. Shoes with a small toe box result in an abnormal stress on the metatarsophalangeal joint. If left untreated, this stress can result in a permanent osseous (bony) deformity.



Mild Bunion Deformity



Severe Bunion Deformity

## Symptoms

Bunions typically have a gradual onset and initially do not cause pain or discomfort. Over time though, they can become painful, swollen and red. A significant bump develops on the side of the big toe and results in increased irritation.

## Diagnosis

In order to determine the severity of your bunion, your doctor may take x-rays, ask you questions and conduct a physical examination. X-ray is useful in viewing the bony anatomy of the foot and can help diagnose the type of bunion deformity.

## CLINIC LOCATIONS

Columbia Heights  
Eagan  
Forest Lake  
Downtown St. Paul  
Hastings  
Maplewood  
Vadnais Heights  
Woodbury - Allina  
Woodwinds  
Health Campus

## CONTACT INFORMATION

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