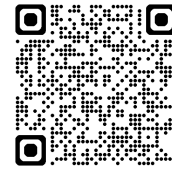


Bunion



Telephone: 0300 124 5855

Use the QR code to see our team's website page.



What is a bunion?

A bunion is a change in the shape of the joint at the base of the big toe. The big toe gradually moves towards the smaller toes and a bony bump develops on the side of the foot. The joint may become stiff, sore, or painful.

Does a bunion always cause pain?

No. Some bunions do not cause any symptoms, while others can be painful or make it difficult to wear certain shoes. The size of a bunion does not always match the amount of pain it causes. Everyone is different.

Common bunion problems

Shoe-related symptoms

The bony bump may rub against footwear and become red, tender or sore

Joint-related symptoms

The joint itself may feel stiff, ache during or after activity, or cause deeper pain within the joint

Symptoms

You may notice:

- A visible bump on the side of the big toe joint
- The big toe leaning towards the other toes
- Pain that may be aching, burning, or sharp
- Rubbing from footwear causing sore skin
- Stiffness or reduced movement in the joint
- Clicking or grinding sensations in the joint

Why do bunions develop?

There is no single cause. Factors that may contribute include:

- Family history and inherited foot shape, including foot structure and joint alignment
- Gradual changes in joint position over time
- Footwear that puts pressure on the area

Footwear does not usually cause a bunion on its own, but it can make symptoms worse.

Questions to ask yourself

- Is it painful on most days?
- Does it affect walking or daily activities?
- Is the pain coming from the joint or from rubbing against shoes?
- Do some shoes make it worse? Could you switch to more comfortable footwear?
- Is it painful even when you are not wearing shoes?

Managing Your Bunion

Footwear (most important)

- Choosing suitable footwear is often the most effective way to reduce symptoms.
- Wear shoes with a wide toe box.
- Avoid pressure over the bunion.
- Avoid tight or stiff-fitting shoes.

More footwear advice is available on the [My Joint Health footwear page](#).

Activity

Modify or reduce activities that increase pain.

Pain relief

Speak to your GP or pharmacist about appropriate pain relief if needed. Applying a wrapped ice pack may help reduce soreness and inflammation.

Cushions and supports

Some people find relief from toe spacers, bunion pads or guards, night splints or insoles.

Examples can be found at:

- [Simplyfeet bunion cushioning](#)
- [Simplyfeet Hallux Valgus Night Splint](#)
- [Pedag Hallux Bunion and Forefoot Pressure Relief Pad](#)

Exercises

Exercises may help maintain movement and reduce stiffness in some people. Further information is available on the [My Joint Health Bunion Page](#).

Other formats

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet please tell us. You can phone us on **0300 124 5855**. Please scan the QR code to listen to an audio version of this statement.

