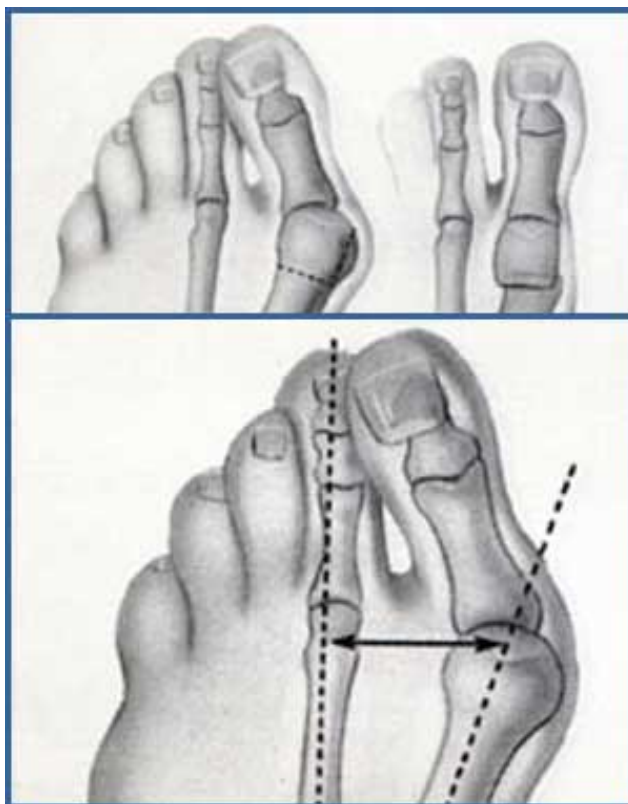


BUNIONS



DESCRIPTION: Tenderness, pain, and deformation that results from inflammation of the big toe joint causing enlargement and angling of the big toe toward the small toes.

SYMPTOMS: Some bunions are asymptomatic, but others will cause pain during walking or wearing shoes. Stiffness and swelling often result due to the enlargement of the joint. Bunions affect women 10 times more than men.

CAUSES: While genetics can play a role in their formation, bunions are most commonly caused by poorly fitting footwear, high-heeled shoes, and lack of arch support.

TREATMENT: The best treatment for bunions is preventative. Once a bunion has started to form, its growth can be slowed by ensuring that properly fitting shoes are being worn and by applying ice and compression to the affected area. When fitting footwear, it is especially important that no overlays on the shoes cause excess irritation to the joint.

PRODUCTS TO RECOMMEND:

INSOLES: Getting the foot into proper alignment and distributing the force of toe off evenly will help to relieve the pressure on the joint.

GOOD FORM RUNNING: Properly distributing the weight of the body over the foot during running and walking can decrease strain on the foot and lessen symptoms and pain associated with bunions. Sign up for our free clinic and learn to run more efficiently and avoid injury.



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Wednesday 6:30 PM
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Monday 6:00 PM

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