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Bunion and Its Causes by [Allison Shuck](#)

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Bunion is a foot deformity and medically referred as Hallux valgus. It is highly painful condition and restricts the movement of the foot. It simply involves the large big toe joint. In the common terms, it is a partial or complete dislocation of the joint at the very base of the big toe. It is known as an abnormal growth, but in real terms it is neither an abnormal growth of bone nor a tumor. The slow dislocation of the joint cause abnormal function as a result the big toe skews in one direction. Any joint in the body that is partially or completely dislocated cannot function normally and may cause heavy pain.

This toe disjoints gradually moves out of its limits, causing immense pain, bruising, swelling, and overall redness due to constant state of irritation around the region. The burning sensation could be highly intolerable sometimes and restrict the wearing of shoes for the patients. Its diagnosis is equally important as of medical treatment. Podiatrists can understand the problem and can easily diagnose the state of bunion on sight. They also use other advanced procedures like an X-ray to know the exact bone deformation. X-rays are also used to identify any exacerbating factors in order to treat the patient in a holistic and non-invasive manner.

Causes:

Bunion is a very common deformity and is commonly found in some family groups. This is the reason it is also based on the heredity factor. Abnormal mechanical function of the foot is also a primary cause in the development of bunions. As it progresses, it becomes impossible for the patients to move freely and smoothly. Its pain becomes unbearable and patients find it highly difficult to respond to the situation without proper medical treatment.

Podiatrists recommend wearing flat heel sleepers and shoes instead of high-heeled shoes in order to handle the situation with ease. Shoes, moreover, do not cause any type of trouble or bunion deformities, but simply make the condition worse.

Bunion is a complex deformity and can cause severe pain overtime if not treated urgently. Mild to moderate bunions may be treated with orthotics and properly fitted shoes. The prescribed orthotics ranges from spacers, splints, and bunions cushions. A patient with bunions is generally advised to avoid narrow shoes. If required after intense physical examination, x-ray evaluation and medical history, doctors recommend foot surgery to handle the condition in most cases.

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[Allison Shuck](#) - About Author:

Premier Foot and Ankle, Inc is a Plano, TX based podiatric clinic offering comprehensive services for the treatment of all types of foot and ankle injuries. a [Bunion specialties](#) provide expert podiatric services in Plano and McKinney. Their priority is to deliver quality a [foot and ankle care](#) & sophisticated a [podiatric surgery](#) to informed patients in a comfortable setting.

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bunion treatment, Podiatrist, foot and ankle care, podiatric surgery, foot surgery, orthotics

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