

Practice Protocol: Bunion

Nature: Pain with ROM of 1st MPJ, Medial Bump Pain, Pain in Shoes, Abduction of Great Toe

Location: Medial 1st MPJ

Onset: Biomechanical, Progressive

Aggravating Factors: Walking, Tight Shoes, Exercise, Foot Type

Treatments: Wider Shoes, NSAIDs, Ice, Splints, Pads

Clinical Findings:

1. Hypermobility 1st Ray
2. Abduction of Hallux
3. Prominent Medial Eminence
4. Pain/Deviation with ROM of 1st MPJ
5. Decreased ROM on WB
6. Pain under the 2nd MPJ

Radiographic Findings:

1. IM angle
 - a. Mild Deformity: 8-10 degrees
 - b. Moderate Deformity: 10-14 degrees
 - c. Severe Deformity: over 14 degrees
2. Hallux Abductus Angle (over 15 degrees)
3. Tibial Sesamoid Position
4. 1st Met (cysts, erosion of cartilage, decreased joint space)
5. 2nd Met (length, cortical thickening)

Our Treatment Options

Conservative

1. Accommodative Shoes/Aperture Pads
2. Custom Orthotics/OTC Insoles
3. Bunion Splints
4. NSAIDs, Steroid Injections, Ice, Biofreeze

Surgical

1. Joint Preserving: Austin/Akin, Scarf Bunionectomy, Lapidus (severe deformity)
2. Joint Destructive: Keller, 1st MPJ Fusion, 1st MPJ Implant

