

Bunions and Minor foot deformities

- Bunions are a deformity of the big toe joint. The joint becomes boney and enlarged and can become very painful if your footwear exerts pressure on the area.
- Commonly when a bunion develops the smaller toes become more clawed making the joints more prominent and predisposed to rubbing in narrow and shallow fitting shoes. Often corns can develop on the joints of the toes due to this increase in pressure.
- Avoid stitching on you shoe/footwear as it can cause further friction and discomfort making walking difficult.

Your options:

Follow the advice that your podiatrist gives to help manage this condition

- Choose soft leather footwear and WIDER and DEEPER shape toe box.
- Use a bunion shield or soft cover for these areas, often available at your local chemist or on footcaresupplies.co.uk
- Any changes in colour/inflammation/pain-consult a Health and Care Professions Council (HCPC) registered podiatrist.

Footwear:

Cardiff & Vale UHB Podiatry Department provides a service to assist patients who need to purchase extra wide and deep footwear to help accommodate foot deformities.

At Cardiff & Vale Footwear our specialist staff are trained to accurately measure your feet and provide comprehensive advice on the most appropriate footwear to meet your requirements.

We stock a range of extra wide and extra deep shoes on site which can accommodate all but the most difficulty of feet and we can also assist you in making the right choice of shoes from mail order and internet footwear providers.

Please ask your podiatrist for further details.

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