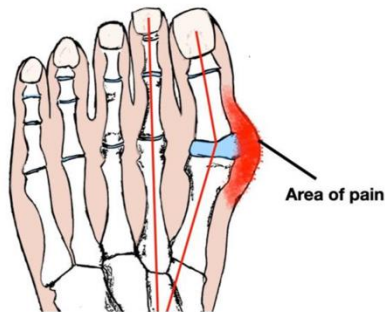
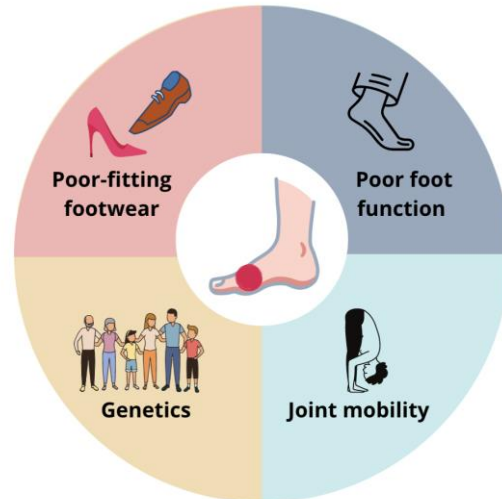


## Bunions



Bunions, also known as Hallux Abducto Valgus, are one of the most common foot deformities that may or may not cause forefoot pain. They can be hereditary or caused by ill-fitting footwear or poor foot function.

### Common risk factors:



### What can I expect from non-surgical treatment options?



Reduced pain due to improved foot function with use of appropriate insoles and shoes



Prevent bunions from getting worse



Bunions cannot be cured or resolved with non-surgical treatment options

### Common non-surgical treatment options:



**Wide-fitting footwear** – To provide enough support for the foot and space at the forefoot area

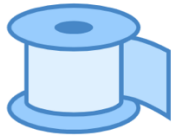


**Orthoses** – For better foot function and to slow down progression of the bunion



**Exercise** – Foot exercises help to strengthen the small muscles in the foot. **These exercises should be prescribed by a therapist.**

**Other treatment options:**



**Rigid taping**



**Joint mobilisation**



**Surgery**

**For more information, kindly consult your podiatrist.**

**Scan the QR codes for more information:**



**Stretches and Exercises  
for Hallux Abducto Valgus  
(HAV) Deformity**



**How to Choose  
Appropriate Footwear**



**FAQs on HAV**

National University Hospital  
5 Lower Kent Ridge Road Singapore 119074  
Tel: (65) 6908 2222  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)

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