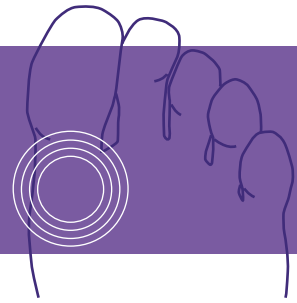


FOREFOOT PAIN

BUNION/ABDUCTOVALGUS



DIFFERENTIATION

Bunion – Bony enlargement at the base of the big toe with or without changes in the angle of the Hallux

Hallux Abductovalgus (HAV) – Lateral deviation of the Hallux toward lesser toes

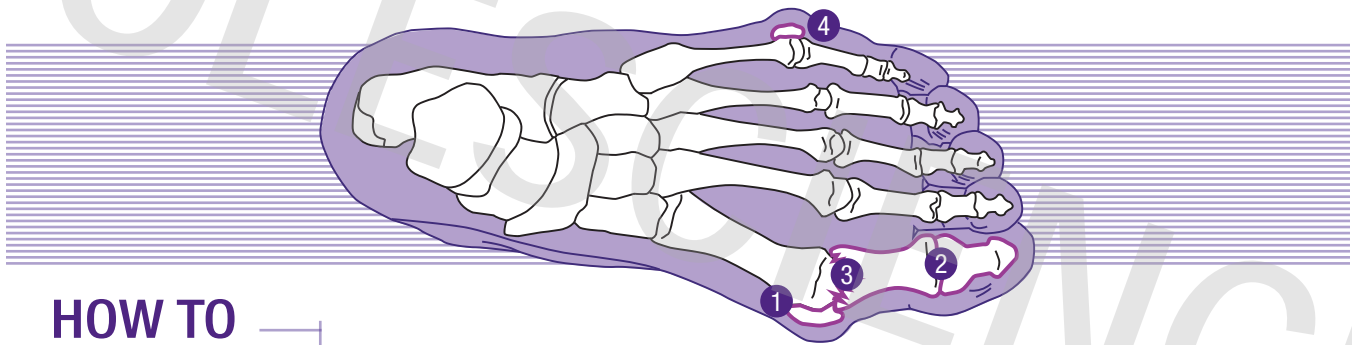
RISK FACTORS

- Congenital
- Poor fitting footwear
- Prevalence towards older age
- Bunion may lead to metatarsalgia
- Joint injury (repetitive or traumatic)



DIFFERENTIAL DX

- ① Bunion ② Hallux Valgus ③ 1st MTP Osteoarthritis ④ Bunionette



HOW TO DIAGNOSE

Presence of risk factors plus...



1st MTP deviation



Redness, swelling, stiffness



Painful palpation on 1st MTP joint



Pain correcting toe alignment

TREATMENT OPTIONS



Proper footwear



Activity modifications



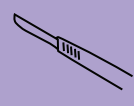
Assistive devices



Exercises



Orthoses



Surgery

MODALITIES

Footwear Education
Activity Modification
Toe Spacer
Over the Counter Device
Intrinsic Strengthening

+

Custom Foot Orthoses
HAV Night Splints

+

HAV/Bunion Surgery

Stage 1

Stage 2

Stage 3

*It is important that the treatment process begins at Stage 1.

For more information, please visit www.solescience.ca/injury-locator



METATARSALGIA, NEUROMA

DIFFERENTIATION

Metatarsalgia – “Umbrella” term to cover a number of issues that can affect the forefoot and metatarsal heads

- Focal pressure with palpation of forefoot, non-nerve related

Neuroma – Irritation, thickening or compression of the common plantar distal nerve

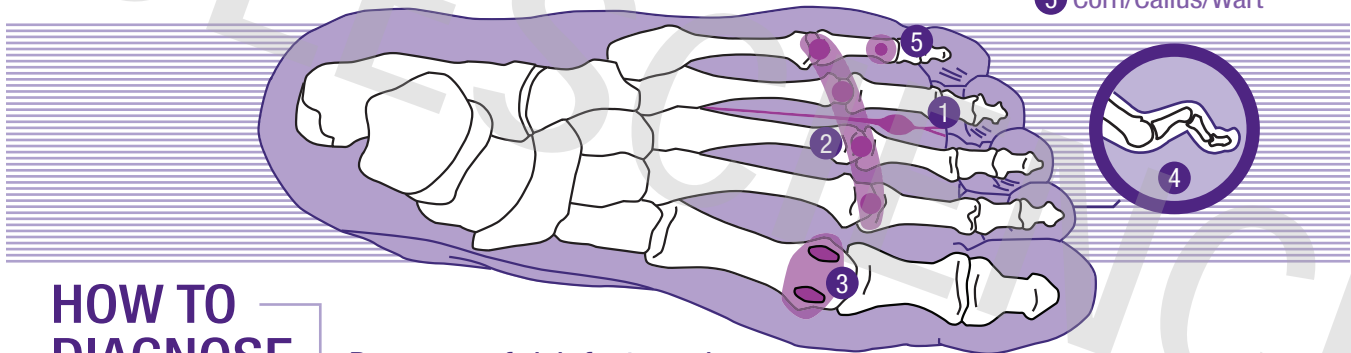
- Palpable mass between distal metatarsals
- Most common site between 3/4 metatarsals

RISK FACTORS

- High or elevated heels
- High impact activities
- Prevalence higher in women
- Increased risk with age
- Narrow fitting footwear
- Other foot complications (bunions, hammer toe)

DIFFERENTIAL DX

- 1 Neuroma
- 2 Metatarsalgia
- 3 Sesmoiditis
- 4 Hammer Toe
- 5 Corn/Callus/Wart



HOW TO DIAGNOSE

Presence of risk factors plus...



Sensation of object in shoe



Tingling, numbness, shooting pain



Painful upon palpation



Relieved when barefoot

TREATMENT OPTIONS



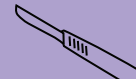
Proper footwear



Orthoses



Activity Modifications



Surgery



Injections

MODALITIES

Footwear Education
Activity Modification
Over the Counter Orthotic
Intrinsic Strengthening

+

Custom Foot Orthoses

+

Morton's Neuroma Surgery
Injections

Stage 1

Stage 2

Stage 3

*It is important that the treatment process begins at Stage 1.