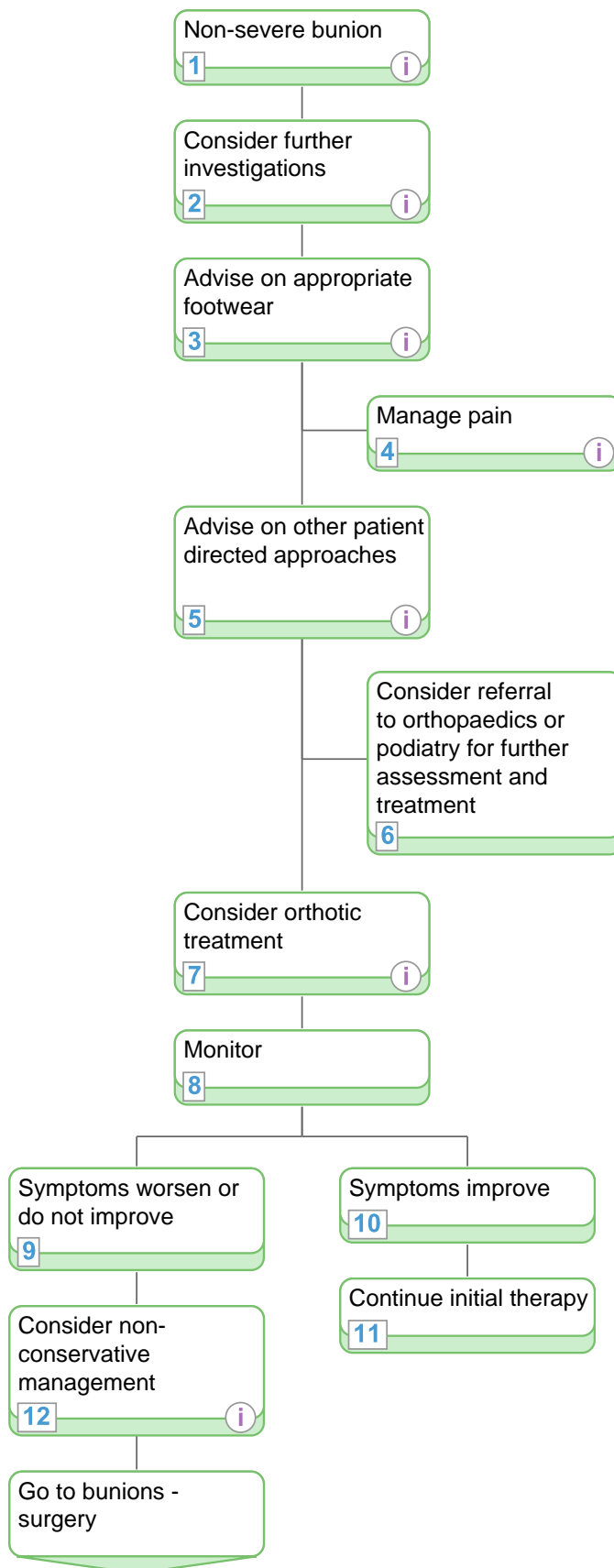


<http://healthguides.mapofmedicine.com/choices/map/bunions2.html>

i Information  
 Primary care  
 Secondary care



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# Bunions - conservative management

<http://healthguides.mapofmedicine.com/choices/map/bunions2.html>

## 1 Non-severe bunion

### Quick info:

- consider conservative approach to management if symptoms are starting to interfere with lifestyle or causing only mild discomfort

## 2 Consider further investigations

### Quick info:

- if there is suspicion of other complications or signs of infection or inflammatory disease, consider blood and urine tests

### Reference:

Academy of Ambulatory Foot and Ankle Surgery (AAFAS). Metatarsalgia/intractable plantar keratosis/Tailor's bunion. Philadelphia, PA: AAFAS; 2003.

## 3 Advise on appropriate footwear

### Quick info:

- ill-fitting footwear is a risk factor for bunion formation or aggravation
- advise patient to:
  - wear wider shoes
  - wear lower heeled shoes
  - consider moulded shoes

### References:

Vanore J, Christensen J, Kravitz S. Diagnosis and treatment of first metatarsophalangeal joint disorders. Section 1: Hallux valgus. J Foot Ankle Surg 2003; 42: 112-23.

Intracorp. Bunions. Philadelphia, PA: Intracorp; 2005.

## 4 Manage pain

### Quick info:

Consider offering oral anti-inflammatories.

### References:

Vanore J, Christensen J, Kravitz S. Diagnosis and treatment of first metatarsophalangeal joint disorders. Section 1: Hallux valgus. J Foot Ankle Surg 2003; 42: 112-23.

Academy of Ambulatory Foot and Ankle Surgery (AAFAS). Hallux Abductovalgus. Philadelphia, PA: AAFAS; 2003.

## 5 Advise on other patient directed approaches

### Quick info:

Advise on patient directed approaches to management:

- use of bunion pads to cushion the enlarged area
- use ice to relieve pain and inflammation
- over-the-counter analgesics, eg. non-steroidal anti-inflammatory drugs (NSAIDs)

### References:

Vanore J, Christensen J, Kravitz S. Diagnosis and treatment of first metatarsophalangeal joint disorders. Section 1: Hallux valgus. J Foot Ankle Surg 2003; 42: 112-23.

Intracorp. Bunions. Philadelphia, PA: Intracorp; 2005.

Academy of Ambulatory Foot and Ankle Surgery (AAFAS). Hallux Abductovalgus. Philadelphia, PA: AAFAS; 2003.

## 7 Consider orthotic treatment

### Quick info:

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# Bunions - conservative management

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- treatment with antipronatory orthoses can reduce deterioration in joint angles, although supporting evidence is limited
- consider over-the-counter orthoses
- consider referral to podiatry for further assessment and fitting for orthoses

## References:

Intracorp. Bunions. Philadelphia, PA: Intracorp; 2005.

Academy of Ambulatory Foot and Ankle Surgery (AAFAS). Hallux Abductovalgus. Philadelphia, PA: AAFAS; 2003.

## 12 Consider non-conservative management

### Quick info:

- consider surgery in cases where non-conservative approaches do not improve symptoms of bunion

### Reference:

Vanore J, Christensen J, Kravitz S. Diagnosis and treatment of first metatarsophalangeal joint disorders. Section 1: Hallux valgus. J Foot Ankle Surg 2003; 42: 112-23.

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# Bunions - conservative management

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## Key Dates

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## Accreditations

The editorial process used to create this pathway is accredited by:

NHS Institute for Innovation and Improvement:

Accreditation attained: 01-May-2009

Due for review: 30-Nov-2010

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and Improvement 

## Certifications

The evidence for this pathway is certified by:

BMJ Publishing Group Ltd:

Certification attained: 31-Jul-2009

Due for review: 31-Jul-2010

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## Evidence summary for Bunions - conservative management

The pathway is consistent with the following quality-appraised guidelines (6, 1, 2). All intervention nodes have been assessed for consistency with high quality guidelines and underlying evidence.

Search date: Jan-2006

## Evidence grades:

-  Intervention node supported by level 1 guidelines or systematic reviews
-  Intervention node supported by level 2 guidelines
-  Intervention node based on expert clinical opinion
-  Non-intervention node, not graded

## Evidence grading:

### Graded node titles that appear on this page

Consider further investigations

### Evidence grade



### Reference IDs

2

Advise on appropriate footwear



8, 6

Manage pain



8, 1

Advise on other patient directed approaches



8, 6, 1

Consider orthotic treatment



6, 1

Consider non-conservative management



8

## References

This is a list of all the references that have passed critical appraisal for use in the pathway Bunions

### ID Reference

- 1 Academy of Ambulatory Foot and Ankle Surgery. Hallux abductovalgus. Philadelphia, PA: Academy of Ambulatory Foot and Ankle Surgery; 2003.

[http://www.guideline.gov/summary/summary.aspx?ss=15&doc\\_id=4240&nbr=003240&string=hallux](http://www.guideline.gov/summary/summary.aspx?ss=15&doc_id=4240&nbr=003240&string=hallux)

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## ID Reference

- 2 Academy of Ambulatory Foot and Ankle Surgery. Metatarsalgia/intractable plantar keratosis/Tailor's bunion. Philadelphia, PA: Academy of Ambulatory Foot and Ankle Surgery; 2003.  
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- 3 Ajis A, Koti M, Maffulli N. Tailor's bunion: a review. J Foot Ankle Surg 2005; 44: 236-245.  
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- 5 Ferrari J. Bunions. Clin Evid 2005; 1377-1387.  
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- 6 Intracorp. Bunions. Philadelphia, PA: Intracorp; 2005.  
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- 7 Koti M and Maffulli N. Current concepts review: Bunionette. J Bone Joint Surg Am 2001; 83: 1076-1082.
- 8 Vanore JV, Christensen JC, Kravitz SR. Diagnosis and treatment of first metatarsophalangeal joint disorders. Section 1: Hallux valgus. J Foot Ankle Surg 2003; 42: 112-123.  
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