Bunions - conservative management

Non-severe bunion

1. Consider further investigations

2. Advise on appropriate footwear

3. Manage pain

4. Advise on other patient directed approaches

5. Consider orthotic treatment

6. Monitor

7. Consider referral to orthopaedics or podiatry for further assessment and treatment

8. Symptoms worsen or do not improve

9. Consider non-conservative management

10. Symptoms improve

11. Continue initial therapy

12. Go to bunions - surgery
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:

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:

4 Manage pain

Quick info:
Consider offering oral anti-inflammatories.
References:

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:

7 Consider orthotic treatment

Quick info:
Bunions - conservative management

http://healthguides.mapofmedicine.com/choices/map/bunionsZ.html

- 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:

12  Consider non-conservative management

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

Reference:
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:

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

Evidence grading:

- Consider further investigations
- Advise on appropriate footwear
- Manage pain
- Advise on other patient directed approaches
- Consider orthotic treatment
- Consider non-conservative management

References

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

ID Reference
Bunions - conservative management

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

ID Reference


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