

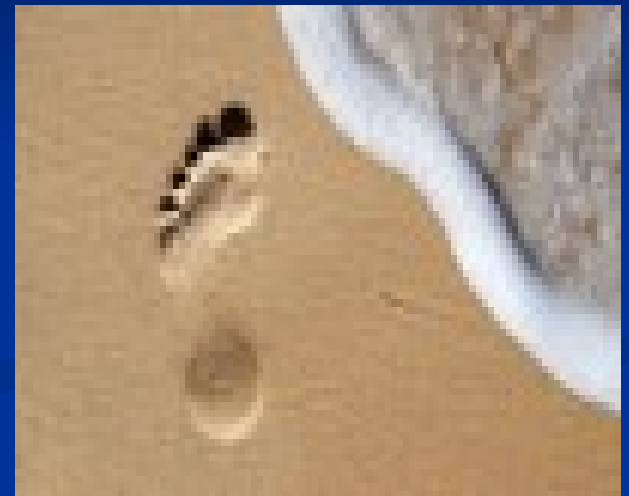


Bunions & Turnips

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The Leg Bones Clinic

Thursday, 14 May 2009

- Self introduction
- Your foot & ankle care team
- Bunions





- Moved to Sydney from Hong Kong in 1985
- Sydney University Undergraduate Medical Course
- Sydney jobs - RPA, RNS, Sutherland, St George Private, St Vincents, Sydney Hospital
- Tweed Heads, Lismore, Dubbo, Bathurst, Wagga Wagga, Canberra, Adelaide

- Fellowships
 - Belgium - Knee surgery
 - USA - Foot & Ankle surgery
- Locum
 - Tweed, Rockhampton, Mackay, Dubbo, Bega

The Leg Bones Clinic
John Flynn Medical Centre

- JFH, Pindara



Foot & Ankle Care Team

GP - the co-ordinator

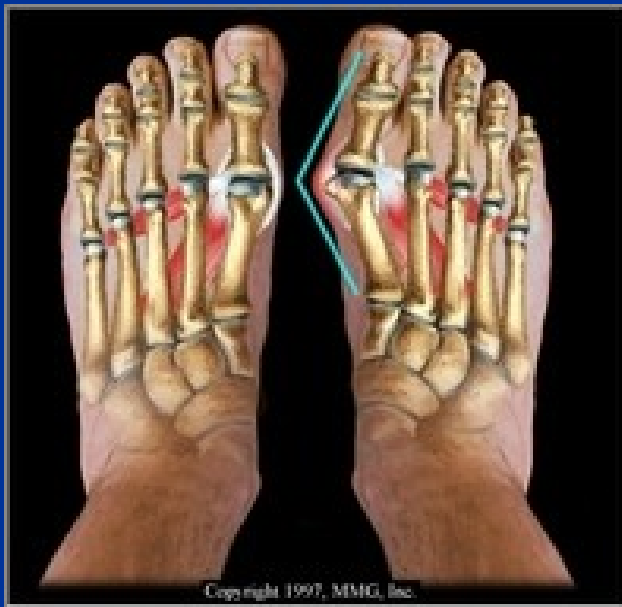
Physicians - Rheumatology, Endocrine,
Neurology

Surgeons - Orthopaedic, Vascular, Plastics

Allied health professionals - podiatrist, pedorthist,
physiotherapist

What is the connection?

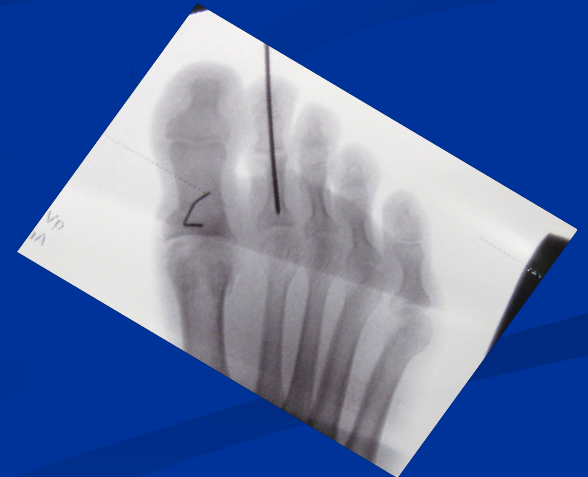
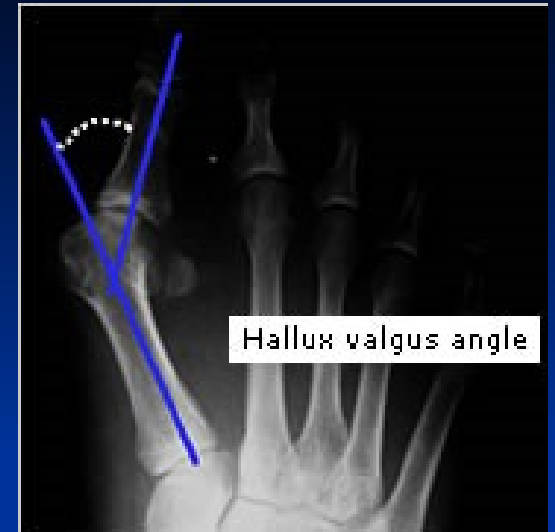
- The word 'bunion' is derived from the Latin word *bunio*, which means turnip



Bunions

hallux valgus

hallux rigidus



What happens?



Loss of alignment of the big toe joint

External pressure, irritated, swollen tissue, bone thickens

Vicious cycle

Can have arthritic changes

Familial

Predisposing foot deformities – flat foot

Tight fitting shoes, heels

Symptoms

- Local pain, inflammation & redness
- Numbness/burning sensation
- Difficulty with shoe fitting
- Deformity pushing into lesser toes
- Overloading of lesser toes
- Clawed/hammer toe deformities
- Difficulty with walking, standing & sports

Non operative treatments

Shoes - appropriate fitting & modifications eg. wide & high toe box, low flat heel

Orthotics - arch support, stiffened shank

Cushioning & splints

Medications – Non-steroidal anti-inflammatory



Surgery

- If all nonsurgical measures fail to control the symptoms
- Goals
 - to remove the bunion
 - to realign the bones that make up the big toe
 - to balance the muscles around the joint, so the deformity does not return
- If the joint is arthritic, sometimes fusion is needed
- Under general or regional anaesthetic
- Usually day surgery or overnight stay

• Post surgery recovery

- Depends on the procedural details
- ~ 6-8 weeks for the bones and soft tissues to heal
- Stiff-soled shoe during this period to protect the bones
- Drive by 2 weeks
- Standard shoes ~ 3 months
- Takes 3-9 months to normalise

Summary

- Bunions can be painful and limit daily functions
- Combined team approach
- Surgery is recommended when there is
 - **Worsening pain**
 - **Progressive deformity**
 - **Functional limitations**



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