

Bunion Deformity: How Metatarsal Foot Surgery Can Help

Foot conditions can lower your quality of life. When you experience pain with every footstep, you are less likely to do the things you love. In addition, foot conditions can affect other parts of your body over time. It's important to have these conditions looked at promptly to avoid future complications.

Bunions, medically known as hallux valgus, are defined as “an inflamed swelling of the small fluid-filled sac on the first joint of the big toe accompanied by enlargement and protrusion of the joint” by the Miriam-Webster Dictionary. Bunions can cause pain and disability when left untreated.

How Do You Get a Bunion?

Bunions are a deformity in the metatarsophalangeal joint located at the bottom of the big toe. They cause the big toe to point in toward the other toes, creating a bump at the joint. They are potentially hereditary, based on foot shape. For instance, people with low arches, flat feet, and loose joints or tendons are at an increased risk of developing bunions. Those who are susceptible may develop them by continually squeezing their feet into narrow and/or pointed-toe shoes.

According to [Harvard Health Publishing: Harvard Medical School](#), “bunions are 10 times more common in women than in men.” This is often the case because of shoe choice. High heels worsen the condition by pushing body weight forward and shoving the toes into the front of the shoe. People who are in professions where they spend a lot of hours on their feet are also susceptible.

How Metatarsal Foot Surgery Can Help

There are several treatments available to slow down the progression of bunion deformity. Splints and padding can be placed between the toes to try correcting bunions. Changing the type of shoes you wear can also help. However, you should consider surgery if you are in regular pain. The further the bunion progresses, the harder it can be to fully correct it, even with surgery.

If you are interested in how to fix bunions, bunion surgery, also known as metatarsal foot surgery, is one option to correct the deformity. The surgery restores the big toe to its

normal position but may not get rid of all your symptoms. The recovery time is lengthy. Despite the risks, surgery may be your best option to improve your quality of life.

There are many benefits to metatarsal foot surgery, including reducing pain and correcting the deformity the bunion has caused. In addition, surgery prevents future complications from bunions.

Full foot restoration can also be something to look forward to. The surgery can be performed on any type of bunion, mild to severe, and even an arthritic bunion where the joint has been damaged beyond repair. For anyone suffering from bunions, surgery could be a welcome relief from the constant pain.

Do You Suffer from Bunions?

If you have difficulty walking, standing, jumping, or running because of bunions, you could benefit from metatarsal foot surgery. [Client] is here to help. We are passionate about helping patients overcome foot and ankle conditions. We specialize in complex surgeries for feet and ankles. Give us a call today with any questions you may have regarding bunion deformities and our treatment options or to request a consultation.