

Top secret tips on avoiding surgery for your bunions

— and not ending up with feet like your mother, grandmother or anyone else in your family!

Bunions are genetic, so if someone in your family has them, you could get them too. Not only are bunions unsightly and often painful, they can cause future problems like osteoarthritis. Many people believe that surgery is the only way to fix bunions. It's not. There are other ways to treat them, but the key is to act quickly. If you delay, painful surgery becomes your only option — and it may not succeed as well as you would like.

Firstly, it is critical that you get the right treatment. To treat a bunion conservatively, you need someone who specialises in this area. At our practices, 60 per cent of our work is the conservative care of bunions using tried and tested methods to avoid long-term problems. We're sharing some of our treatment secrets with you here.

Secret #1: Family Genetics – What's Your Risk?

There is no doubt that there is a link between bunions and hereditary factors (genetics). Hereditary factors are biological characteristics that are passed down via genetics from our parents. These traits often relate to misalignment of joints of the feet and legs. This can affect the way the muscles pull on the big toes as you stand or walk, contributing to bunions forming. If you improve the alignment of the feet and legs and strengthen the relevant muscles around the big toe joint, you can actively treat and improve the bunion. This is especially true when treatment is sought early.

So, have a look at your mum's, dad's and/or grandparents' feet. If they have a bunion, then you probably have an increased risk of getting one. Having your feet assessed before a bunion starts could go a long way to avoiding bunions altogether.

Secret #2: Preventative Exercises

There are a host of simple exercise that you can do to prevent bunion development and maintain the health and vitality of your feet. Exercising the muscles and joints in your feet can stimulate the production of synovial fluid, which is a natural oil for the joint; help maintain and improve joint mobility and range of motion; and increase the strength and stability of your feet.

The Big Toe Exercise:

This exercise targets the big toe joint and helps to improve its range of motion.

1. Cross your left ankle over your right knee (opposite for your right foot).
2. Use your left hand to stabilise your foot.
3. With a flat palm, slide your right hand between your first and second toes, gripping your big toe.
4. Move your big toe in a clockwise direction 10 times, and then in an anticlockwise direction 10 times, morning and night.



PRO TIP: Ensure that you are moving your toe at the base, not at the top joints. Grinding noises in the joint are fine, unless it is painful. If this is the case, stop the exercise immediately and consult your practitioner.

The Bunion Straightening Exercise:

This exercise will strengthen the muscle that moves your big toe from side to side. This will assist in slowing the progress of a bunion deformity and help with the realignment of the big toe.

1. Sit on the edge of a chair with your feet on the ground.
2. Relax your feet and legs.
3. Move your big toe away from your other toes with your hand, keeping the muscles relaxed.
4. Keep the toe in this position by tensing the muscles and pushing the inside and outside edge of your toe/foot into the floor.



PRO TIPS: There may not be much movement of the big toe in relation to the second toe (only a few millimetres). The muscles need to be relaxed until the big toe is in position. You can use something to put the big toe in position if you can't reach it, such as a ruler or wooden spoon.

Secret #3: Non-Surgical Treatment Options

The main goal of treatment is to reduce pain, improve function and reduce the progression of the bunion deformity. Early treatment increases the likelihood of success. Conservative treatment can involve foot mobilisation therapy, corrective exercises and orthotic therapy. Unlike orthotic therapy, foot mobilisation therapy is performed to stimulate the body's ability to repair and restore itself. Working on the joints helps to reduce pain and inflammation, and restores foot mobility, function and posture. This is combined with corrective exercise to promote joint stabilisation, muscle strength and stretching. These two treatment types — foot mobilisation therapy and corrective exercises — work together to improve your results.



Here is a case example of what is possible:

This picture is measuring the bunion from the article that is 28 degrees. A straight toe with no bunion is 15 degrees.



The study was conducted with the patient receiving foot mobilisation regularly over a 12 week period.

This is the after effects where the bunion has changed from 28 degrees and is now down to 16 degrees. And the great thing is we would expect the toe to straighten further down to 15 degrees.

Please see the details of the research article below. We've used the before and after pictures from a published study so you know this is legitimate. We have countless examples just like this one were we've followed exactly the same treatment and got a great result thousands of times. (yes we see a lot of bunions)

JEDYNAK, T. 2009. Treating hallux abducto valgus conservatively through foot mobilisation techniques and exercise therapy. A case study. Podiatry Now, October, 12-15.

What to do to avoid bunion surgery:

1. [Book an assessment](#)
2. Allow us to assess your bunion and diagnose its underlying cause.
3. We will devise a plan to treat your bunion.
4. Work with us to carry out the plan together and help you avoid bunion surgery — and avoid getting a bunion like your mother's!

If you would like to avoid surgery for your bunions we're offering a 65% off initial assessment to any one with a bunion. This offer is only valid depending upon availability (you must mention at the time of the booking). To make a booking call on 89669300 for Manly Vale or at www.alternativefootsolutions.com.au Or just click on the link and enter you details

<https://alternativefootsolutions.com.au/bunion-treatment>.

Check out what people said about our bunion treatment

Doreen : Daniel Fitzpatrick is a caring and knowledgeable practitioner who significantly improved the look and level of pain in my feet.

[View review](#)



Alternative *foot* solutions

Carol : I was a little sceptical at first but as the treatment progressed and my foot improved I was sold. It is well worth following the program.

[View review](#)

Chloe: Super impressed with the effectiveness of the technique these guys are trained in & amazed it's not more widely known/available. Was the only thing that made genuine headway with my plantar fasciitis that had plagued me for 2yrs. Now referred my sister who has very flat feet & bunions & my son who was major foot structural imbalances. The best bit is I can wear all my shoes again.. no orthotics! Highly recommend.

[View review](#)

Jenny: Very Happy with results in correction of toes due to bunion .

[View review](#)

Maria : Any foot issues you have, Daniel will be able to give you the right advice. Daniel's friendly but professional approach made the process a wonderful experience. My son and I were able to obtain visible results with the treatment we received. Importantly, the treatment is pain free. Bron and Pip are the first point of contact at reception and they couldn't be nicer and made my son and I feel cared for. I would not hesitate in recommending Alternative Foot Solutions to anyone.

[View review](#)