



FOOT NOTES

From the office of Carlisle Foot & Ankle Specialists



Bunions

What are Bunions? Bunions are common deformities of the feet most frequently located at the great toe joint. A bunion on the 5th toe joint is called a Tailor's bunion, named after the prominence commonly found at the same location in a Tailor's foot from the Renaissance period due to the "bump" formed at that location from the sitting sewing position.

Bunions are bony prominences caused by excessive bone growth or more commonly due to "splaying" of the metatarsals secondary to faulty biomechanical abnormalities. Shoe gear is certainly an aggravating factor, however, it is not the primary cause.

Treatments include appropriate shoe gear, OTC or custom insoles to improve biomechanics of the feet, and in cases of chronic pain—surgery. Splinting has no permanent effect on the deformity. Botox has even been used to deaden the adductor hallucis muscle pull and allow the toe to somewhat restore "normality" temporarily.

The goal of a surgical correction is to re-establish parallel relationship of the adjacent metatarsals. This is accomplished by an osteotomy or joint fusion. For very arthritic joints, a joint implant, arthrodesis or Keller bunionectomy may be performed. Your foot and ankle specialist is trained to identify the etiology of the deformity and determine the best course of treatment.



For more information or to refer your bunion patient for an appointment feel free to contact our office:

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