

Peeling Back the Layers of the Bunion

There is something about feet that often seem to make people unnecessarily self-conscious. Foot conditions such as bunions are fairly common. Also known as *Hallus Valgus*, bunions are a foot deformity that people may suffer with for years before seeking treatment.

What exactly is a Bunion?

Bunions can be described as a bump on the inside of the big toe. This toe gradually starts to lean in towards the second toe rather than point ahead. This misalignment causes the bunion's bump, the growing prominence of the bone on the joint at the base of the toe.

The Source of Bunions

There are many misconceptions around the source of bunions. It is partly genetic, not so much for the propensity to inherit the condition but for the inherited foot type of the individual. It is the mechanics of the foot's structure that can make one prone to developing the condition rather than the bunion condition itself that is inherited.

Ladies foot

Women are more likely than men to have the condition. This may be because of the difference in footwear styles, which can worsen the condition. Dr. Adrienne Curry, a podiatrist in the Chicago area claims that shoes with tight toe boxes, that is, narrow high heels, alone will not cause a bunion, however, they can definitely accelerate the rate of growth of the bunion and aggravate it. It is a progressive disorder that may take years to manifest.

Relieving the Pain

The inflammation and soreness in the area may cause a person to walk improperly further causing pain, to seemingly unrelated areas of the body. Wearing wide toed shoes, bunion pads and orthotic foot devices are also recommended and can delay the development of the bunion.

Can Reflexology help?

Reflexology and Epson salt baths may temporarily reduce the inflammation and relieve the discomfort. When the pain interferes with daily activities, surgery may be the eventual option. Proper diagnosis requires a doctor.

Shani Scherenzel is a certified foot Reflexologist. She can be reached through her website www.goshani.com