

## About us

Comfeet 's mission is to provide high quality patient centered Podiatry education and service in a timely, cost effective way for all our clients and persons affiliated with the clinic. We provide a professional, supportive, friendly, warm service in a comfortable environment.

Our Team

### **Simone McConnie**

specializing in diabetic foot care and sports

### **Amot Forde -**

Specializing in general foot health and the diabetic foot.



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Advise for standing feet

## COMFORT WITH EVERY STEP



### **Bunions**

We provide a professional, supportive, friendly, w

# Bunions

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This is a deformity at the big toe joint and causes a wider foot, deformity of the other toes, or pain in the big toe region. There is an inherited trait but there is also an acquired one due to the type of foot you have (is it flat or high arched or average) how it functions ( the way you walk) and the shoes you wear. There are various degrees of bunion and some people have them with no pain and some have extreme pain. Some people's pain is intermittent based on the activities they do, shoes they wear and severity of the bunion in the first place. There are both palliative and surgical methods of care for this condition but the general train of thought is do not be too cosmetic about it, if it does not hurt leave it alone because if you trouble a bunion for cosmetic reasons you may end up having pain you never had before in the joint.

## What to do:

1. Check your footwear is not aggravating the bunion
2. Wear shoes that are the appropriate width
3. Use a night splint that may help to realign the joint, some splints need to be fitted by your Podiatrist
4. Consider bunion surgery and /or custom orthotics
5. Speak to your local Podiatrist about your options
6. Painful bunions need attention and will only deteriorate otherwise.

Always see your Podiatrist for advise or find us on the web

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