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## **Treatments for your Bunion**

None of these things will change or “fix your bunion” but will help manage the symptoms you are having to improve your quality of life

### **Shoe wear**

- “Try to change the shoe to fit the foot”
- You need WIDE and DEEP toe box shoes to accommodate your bunion and/or hammertoe
- Some brands to consider include NEW BALANCE, HOKA, ASICS

### **Orthotics/Metatarsal pads:**

- Over the counter medial arch support orthotics with or without a metatarsal pad
- You can also get metatarsal pads on their own to be stuck on the bottom of your foot without or without orthotics, whatever you find most comfortable
- The pad should sit just behind the ball of your foot.
- You can find these at any orthotic store such as Kintec or Paris Orthotics and sometimes even at larger pharmacies

### **Toe spacers:**

- These silicone spacers can be purchased at your local pharmacy
- Place the spacer between your first and second toe for comfort.

### **Stretching:**

- Stretching your toes towards your nose with your knee fully straight rather than your knee bent.
- Do this 20 seconds on, 20 seconds off for 2 minutes at least twice per day

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