



Capital District Podiatry, PLLC  
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

CALL (518) 273-0053



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## Put Daily Bunion Pain to Rest

One of the causes of this bony bump on the side of the big toe is an inherited foot structure prone to the deformity. In this case, you may not be able to fully prevent a bunion, but you may be able to delay its development and progression.

Here are a few bunion stretches you can try:

1



#### PULL

Gently pull your big toe away from the others so that it is in proper alignment. Hold it in that position for 10 seconds then repeat.

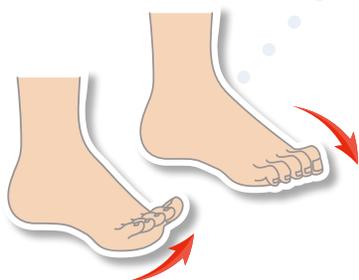
2



#### FLEX

Press your toes against a wall or other hard surface so that they stay flexed. Hold and repeat.

3



#### CURL

Curl and uncurl your toes 10 times.

4



**PICK UP**

Use only your toes to pick up marbles off the floor and place them in a bowl. You can also try picking up a towel or dragging it toward you with just your toes.

5



**RESIST**

Loop a resistance band around your big toe, then pull the ends toward you while at the same time pushing your toe away from you.

If these stretches aren't enough to alleviate your pain, Dr. Pandya may implement any of the following conservative treatment options:

- Shoe modifications
- Accommodative footwear
- Protective padding
- Custom orthotics
- Physical therapy and exercises
- Splints
- Removal of corns and/or calluses that have developed as a result of the bunion
- Medications to reduce pain and inflammation

If these measures aren't effective in alleviating your pain, surgery may be necessary. There are several different types of surgical procedures depending on the severity of your pain and the nature of your deformity. If you are ready to take care of your bunions, make an appointment today with Capital District Podiatry. Call Dr. Pandya at **(518) 273-0053**.

# Thank You!

We'd like to take a moment to thank each of you, our wonderful patients, for referring your friends and family to our office. We couldn't do it without you!

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