

sound *RUNNER*

a running store...and more



Hallux Valgus (bunions)

In the stores we see lots of examples of hallux valgus - the bunion. I don't think anybody has ever died from bunions, but they give runners fits. Hallux valgus is a deformation of the bones and the joint at the base of the big toe. The bone or tissue becomes enlarged. Typically, the joint displaces toward the midline of the body, the first metatarsal curves with the joint, and the big toe displaces away from the midline of the body toward the second toe. Tissue surrounding the joint may become swollen and tender.

Hallux valgus is an inherited condition made worse by wearing shoes with high heels or pointed toes. Medical literature indicates that the enlarged joint is more vulnerable to arthritis and osteoporosis. Medical literature also indicates that surgery does not eliminate this increased vulnerability.

The single best thing you can do to treat your bunions, other than consulting your physician, is to buy running shoes a width wider than you measure, to make sure the enlarged joint is resting completely on the cushioned part of the midsole, and to make sure there is enough material in the upper so the bunion is in contact with soft mesh.