

Hallux Abducto-Valgus (H.A.V) aka - Bunions

What is it?

Hallux Abducto-Valgus (HAV) is a degenerative condition that is characterised by a large bump on the outside of your big toe (hallux). In HAV the hallux is forced to lean towards the 2nd toe and the head of the 1st metatarsal bone does not sit correctly in the big toe joint causing a deformity.

HAV is often pain-free in its early stages and can be a debilitating condition later in life. Therefore early treatment to slow the progression is recommended. Individuals with HAV often walk differently to reduce pain levels which can cause the joint become more unstable and painful.



HALLUX ABDUCTO-VALGUS

How is it diagnosed?

A thorough clinical musculoskeletal examination will most commonly diagnose and grade HAV. Depending on severity of symptoms/stage you may be referred for an x-ray to determine the extent of the deformity and to rule out additional pathologies.



Children or Adolescents with HAV should see a Podiatrist immediately.

Treatments:

- ➔ Footwear advice
- ➔ Padding/strapping
- ➔ Custom orthotics
- ➔ Foot Mobilisation Therapy
- ➔ Anti-inflammatories
- ➔ Surgery

