

Blasted Bunions



**Tight stockings
are the natural enemy
of the foot, read on to
find out why**

Not a day passes without our Comfort Club members asking "what can I do about my bunions? How did I get them? What's going to happen as I get older? What's the best treatment? How can I prevent them from enlarging?"

A whole lot of questions, but basically only two problems. Bunions are generally caused by a poor inherited foot type or bad fitting shoes. In the foot type category, bunions are generally more pronounced in people with flat feet rather than high arched feet, and the problem tends to increase with age as feet flatten even more. In the shoe category poor fitting shoes, short shoes and even tight stockings can be the cause.

Whilst large foot joints can be a nuisance when trying to find shoes, they may not necessarily be painful.

Often it is because the shoes are too restrictive, or the joint space of the big toe has narrowed and doesn't allow the toe to bend freely, not because of the size of the foot joint. Changes such as these can herald the onset of osteoarthritis in the joint and therefore need to be tackled early. X-ray or blood tests by your doctor can identify the problem.

What to do?

The most appropriate non-surgical care for bunions can be given by a podiatrist. As most bunions are associated with flat feet your podiatrist may prescribe an orthotic in order to hold the feet in the right position. This device is quite different from, and should never be confused with, an over-the-counter arch support. The fitting of an orthotic slows deterioration of the bunion and in most cases reduces pain.

Silicone shields can also be made by a podiatrist to take the pressure off the bunion when wearing shoes. If all else fails and the bunion continues to give you a lot of pain a referral from your doctor for a discussion with an orthopaedic surgeon or surgical podiatrist should be considered.

After a surgical procedure has been performed it is important to start wearing the correct shoes and orthotics as soon as possible. Our Comfort & Fit team are here to advise you on the correct shoe program for your feet.

Comfort & Fit are happy to recommend a podiatrist in your area, all you need to do is ask. Alternatively you can telephone one of our stores to obtain some free advice as we have podiatrists in-store every week.



Five Melbourne Stores: Head Office. Bentleigh: 357 Centre Rd. ☎9557 7520 Frankston: 15 Thompson St. ☎9770 5044

Glen Waverley: 58 O'Sullivan Rd. ☎9886 5399 Greensborough: 63 Main St. ☎9432 6344 Niddrie: 368 Keilor Road. ☎9374 4011

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