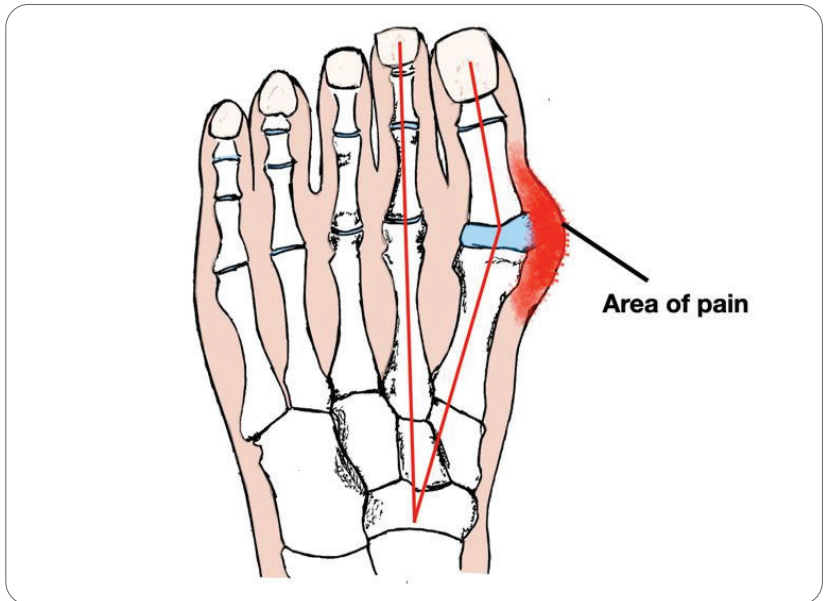
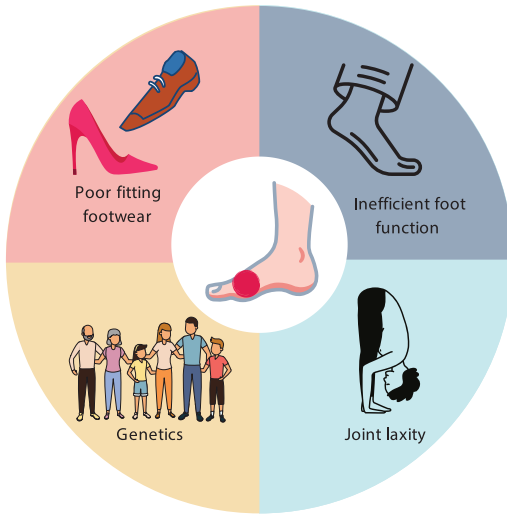


Bunions



What Is This Condition?

Bunions, also known as hallux abducto valgus, are one of the most common foot deformities that may or may not cause pain. They are usually inherited but they can also be caused by wearing shoes that do not fit well, or the stress that you place on your feet.



Common Risk Factors

What Should I Expect From Non-Surgical Treatment Options?



Better foot function which reduces pain at the affected area.



Prevent bunion from getting worse.



Bunions cannot be removed with non-surgical treatment options.

Common Non-Surgical Treatment Options:



Appropriate Footwear

To provide enough support for the foot and reduce stress at the bunion site.



Orthosis

For better control of foot function and to reduce stress on your bunion.



Exercises

Foot exercises to help improve balance, stability and foot function. These exercises should be prescribed by a therapist.

Exercise Prescribed:

Other Treatment Options:



Rigid Taping



Mobilisation



Surgery

If you have any further questions, kindly consult your podiatrist.

For More Information, Scan The QR Codes Below:

FAQ



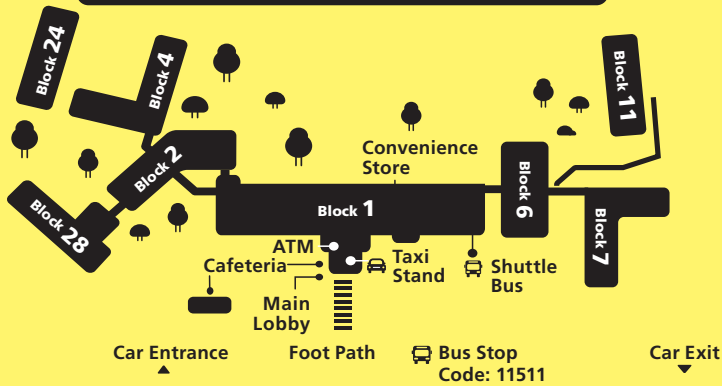
How to Choose
Appropriate
Footwear



Exercise
Videos



How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (April 2021) and subject to revision without prior notice.

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Alexandra Hospital | 378 Alexandra Road, Singapore 159964.

Main Line: +65 6472 2000 | Fax: +65 6379 4339 | www.ah.com.sg | [f](#) [@](#) AlexandraHospitalSG