



Tanglewood Foot Specialists

February 2010

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“Advanced Care with a Compassionate Touch”

What Causes Bunions?

The possible causes of a bunion deformity are numerous and can only be numerically reduced pending a thorough examination by the specialist. Hereditary tendencies for bunions to occur in members of the same family rank high as a potential cause. Another frequent culprit is that of our manner of walking. In short, the particular mechanics of one's walking style could be such that abnormal forces, pressures, and anatomical changes could result in a bunion deformity. Various arthritic conditions such as osteoarthritis, rheumatoid arthritis, and gout can also lead to deformities of the first metatarsal joint and a bunion. An important fact to keep in mind is that generally speaking, shoes can aggravate an existing bunion deformity, but will not initially cause one to occur.

Treatment

The treatment options for bunion deformities include a wide range of therapeutic approaches. An early approach might include shoe modifications, padding, physical therapy, and occasional injection care for the existing symptoms. Functional orthotics or foot supportive devices can, in many cases, reduce the involved abnormal forces. In short, this means that the orthotics might prevent the bunion from worsening and may even reduce any existing discomfort. Surgical correction of the involved deformity is still another viable option and should be discussed thoroughly with one of our foot specialists. The bottom line is that a bunion deformity is not a condition to ignore or neglect. A good clinical evaluation is recommended.

Bunions

Bunions are those unsightly enlargements or bumps that occur on the inside areas of your feet. The visible bump actually demonstrates changes in framework of the front section of the foot. With a bunion, the big toe leans toward the second toe, rather than pointing straight ahead. This moves the bones out of alignment, producing the bunion's "bump".

A bunion deformity can cause a wide range of problems for the patient and consequently can involve a varied approach to treatment. An important point to consider in the understanding of this problem is that it is a progressive deformity. In other words, a bunion will in most cases worsen with time. No one can predict how fast the deformity will progress or to what extent it will cause debility or symptoms, but most authorities would agree that sooner or later, it will worsen.

Bunions, by nature, can cause pain in certain shoes, become a common site for arthritic changes, lead to secondary compensatory problems such as hammertoes or pain in the fat pad area, or they may cause serious aesthetic or shoe wear concerns for certain individuals. Whatever the extent of involvement, a bunion deformity should warrant consideration by the patient and some level of professional evaluation by one of our foot specialists.

Bunion surgery is a way to get back your pain free lifestyle.



Symptoms of a Bunion

- Pain or soreness
- Inflammation and redness
- A burning sensation
- Protruding "bump" on the foot

Health & Life

Buying Running Shoes

The most vital piece of equipment for any runner is the running shoes. Proper fit is essential. Some rules of thumb:

1. You should have approximately the width of your index finger between your longest toe and the end of the shoe. For those whose second toe is longer, be sure to size appropriately.
2. Always size your shoes towards the middle or end of the day. Also be sure to wear the socks you usually wear with those shoes and always stand when checking for the proper fit.
3. If you end up with black toenails, don't automatically size up the shoes. If you wear improperly fitting shoes, your arch will not correspond to the arch of the shoe and the shoe won't break properly.
4. Be sure to buy your shoes from a specialty running store (at least for your first fitting). Most are staffed by runners who are knowledgeable in proper fitting. Locally, I recommend Fleet Feet or Luke's Locker. Look out for good specials on shoes however. Today I found a fantastic sale on Asics running shoes at Sports Authority. Buying online also works as long as you're familiar with the shoe style and how it fits you. Never try a new style online. It's worth paying a bit more for expertise.

If you're unsure of the right style shoe for you, or the proper fit, ask us for more guidance when you come in for a visit.

Learn to Stretch Properly, Safely, and Effectively

Dr. Sue Loehrer of Lone Star Chiropractic is offering a one-hour course on proper stretching. Learn a simple yet surprisingly effective stretching routine to use every day! Included in the workshop: A look into anatomy and hands on instruction with handouts so you can go home confident in your new routine.

Cost is \$10.00, mats are provided and the class will last approximately one hour. Space is limited so register today!

The course will be hosted at the Lone Star Chiropractic office 2990 Richmond Ave, Suite 116 on Saturday March 13 at 9:30 am. You can register by calling 713-337-2117 or emailing drsue@lschiropractic.com. You can also register online by [clicking here](#).



Product of the Month: **Dr. Jill's Bunion Cushion**

Bunions often become uncomfortable because of how a shoe rubs against the bump on the side of the foot. This bunion cushion helps to form a soft "buffer" between the shoe and the foot. It comes in two thicknesses so you can choose which one works best.

While many foot pads are adhesive and can lead to irritation when taking it on and off, this cushion is made of a soft silicone material that loops over the great toe. It does not irritate or chafe the skin.

Finally this cushion is reusable and lasts a good long time (as long as you don't lose them!). Come on in and give them a try. If you prefer to order them online, feel free to visit www.ourdoctorstore.com/schneider/store/item.asp?ITEM_ID=495

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Have You Visited Our Online Store?

It's not always convenient to drive to the pharmacy or come into the office. Our online store is ALWAYS open and has a wide array of foot health as well as skin care products, knee pain remedies, and more. [Visit our website](#) and click "Store" or visit the store directly at www.ourdoctorstore.com/schneider

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Dr. Schneider has written a **FREE** book concerning the many questions surrounding foot and ankle pain. Order your **FREE** copy and be in control of your health...its **FREE!**



Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*
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Expires March 31, 2010