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**Summary**

***The Missing lecture (Bunion)***

*The role of the podiatrist is vital in providing foothealth care*

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| **This lecture is a companion to Bunion, Hallux Valgus. Behind the Scenes and is available from the author at a generous discount.** |

# **The patient complaint**

1. Take a careful history of the reason for attending consultation
2. MDT collaboration will offer wider options but conservative care is the objective
3. Measure the complaint using pain tools e.g VAS, depression inventory etc

MDT: multi-disciplinary

# **The podiatrist education**

1. The division between skin and joint must be appreciated
2. Timeline and Lag effect
3. Footwear and incidence
4. Diagnostics
5. Group discussion on treatment
6. Value of hallux splinting
7. Cartilage damage occurrence is high in first toe disorders and shoe selection might be more critical for this reason.
8. The presence of cartilage lesions although mapping is difficult to correlate pain

# **Educating the patient with information**

1. Off load pressures
2. Footwear
3. Protect tissues
4. Reduce internal inflammation
5. Improve gait
6. Where surgery is required selection should be carefully appraised (go to link <http://consultingfootpain.co.uk/when-is-surgery-indicated-for-the-bunion/>

* customised talks for groups
* clinical information promotion
* assistance in writing articles

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