

Tips To Follow For Managing Bunions



Consider shoes with a wider toe box to accommodate the bunions.



Use shoe inserts or orthotics for additional comfort.



Avoid pointed-toe shoes to prevent squishing the bunions.



Avoid high-heel shoes to reduce the pressure on the bunions.



Strap the bunions with sports tape to prevent the alignment from worsening.



Deploy bunion splints to reduce the risk of pain.



Monitor your weight to avoid excessive pressure on the feet.



Apply ice packs to bunions for relief when experiencing pain.

Reference

1. Bunions; Healthdirect