

WHAT IS A BUNION?

A **bunion** is a bony bump on the inside of your big toe

Common causes:

Heredity, arthritis, flat feet, misalignment of the foot

Problem:

Pain can change the way you walk, causing biomechanical problems and pain in other parts of the body



23%

of people 18 to 65 have bunions

36%

of people older than 65 have bunions

2x

Women are twice as likely to have bunions than men

ASK HOW CUSTOM ORTHOTICS
CAN HELP TREAT BUNIONS

