

Put Your **Best Foot** Forward

**Foot & Ankle Associates**  
 Marco A. Vargas, DPM, FACFAS

## What is that ugly bump on my foot?



**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.

### What causes bunions?

Improper footwear and heredity are the main causes of bunions.

1. Improper Footwear — Tight, or small shoes can causes bunions, especially in women. Many more women experience bunions than men, mostly due to foot wear including high heels, tight flats, or too small shoes.
2. Heredity — Bunions can be caused from heredity.

### How do I treat bunions?

The most common and easiest way to treat bunions is proper shoe wear. Allow your foot the space it needs. Some people assume they need to choose health or comfort...now a days you can have both!

**Dr. Marco Vargas** can get you some stylish, protective shoe wear. Footwear is essential in preventing and comforting a bunion. Stop by to check out our extensive selection or make an appointment to discuss options.

[www.TheFootPros.com](http://www.TheFootPros.com)

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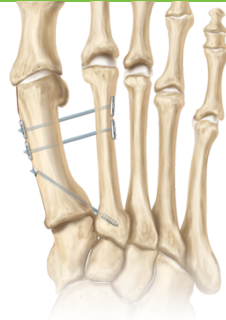
## What bunion procedure do you recommend for the quickest return to activities?

**Answer:** Without a doubt, I would recommend the **Tightrope Procedure!**

This is a fairly new, revolutionary method of treating your bunions. With traditional bunion surgery, the bone is cut so it can be repositioned and held together with a pin or screw. Four weeks later, after walking around with a cast boot to allow the bone to heal, you would be able to return to your regular activities. However, with a significant amount of swelling, your shoe styles would be limited for several additional weeks.

With the tightrope procedure no bones are cut, which results in less pain, a faster recovery time, and fewer complications. Additionally, there is very little swelling so after walking in a cast boot for about three weeks, you would have a larger selection of shoe styles you could wear. If any unforeseen complications occur, this procedure is easily reversible. No permanent alterations have been made to the bone structure of your foot.

One important thing to consider is that although a vast majority of bunions can be treated with this procedure, it is not an option for some cases. Don't suffer another day with pain from unsightly bunions — contact our office to see if the tightrope procedure is a viable option for you!



Marco A. Vargas, DPM FACFAS



**Cari Diaz**  
*Practice Manager*

**Liz Hoffman**  
*Certified Athletic Trainer*

**Monica Bovee**  
*Certified Athletic Trainer  
Rehabilitation Coordinator*

**Diana Ramirez**  
*Patient Care Coordinator*

**Josie Regino**  
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