

Hallux Valgus Treatment Guidelines

1. Overview

Treatment of hallux valgus involves non-surgical and surgical options. Initially, conservative treatments are attempted. If these aren't effective, surgical interventions are considered.

2. Conservative treatment

- **Goal:** Manage symptoms without correcting the anatomical deformity.
 - **Options include:**
 - **Shoe modification:** Low-heeled, wide shoes to reduce pressure.
 - **Orthoses:** To improve alignment and support.
 - **Analgesics:** Acetaminophen and NSAIDs for pain relief.
 - **Ice application:** To reduce inflammation at the deformity site.
 - **Medial bunion pads:** To prevent irritation.
 - **Stretching exercises:** To maintain joint mobility.
 - **Failure indicators:** If pain persists despite these measures, consider surgical options.
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3. Surgical treatment

- **Indications:** Persistent pain affecting ambulation, not radiographic changes.
 - **Common procedures:**
 - **Osteotomy:** Realignment of the first metatarsal bone; includes various types like Wilson and Chevron osteotomies.
 - **Arthroplasty:** Relieves pain while maintaining mobility, includes hemiarthroplasty and interpositional arthroplasty.
 - **Arthrodesis:** Fuses the MTP joint in the correct position, recommended for severe degeneration.
 - **Soft tissue procedures:** Includes procedures like the McBride procedure, focusing on soft tissue without bone alteration.
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4. Postoperative care

- **Immediate care:** Application of surgical dressings to provide corrective forces and minimize postoperative edema.
- **Weight-bearing status:** Typically limited for the first two weeks.

- **Rehabilitation:** Begins once sutures are removed, including range of motion exercises and gradual increase in weight-bearing activities.
 - **Imaging:** Post-surgical imaging is obtained as the patient becomes more active.
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5. Long-term monitoring

Directed towards understanding and treating the underlying causes to prevent recurrence of HV deformity. Postsurgical patients may benefit from orthotic devices, especially in diseases like rheumatoid arthritis that accelerate joint degeneration.

References

- Wülker, N., & Mittag, F. (2012). The treatment of hallux valgus. *Deutsches Ärzteblatt International*, 109(49), 857-867. <https://doi.org/10.3238/arztebl.2012.0857>
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