

## Tailor's Bunion

### Treating the Bony Bump on the Side of Your Foot

If you are living with a bony bump on your foot, a bunion is most likely the culprit. Bunions are one of the most common foot deformities we treat here at our Palm Desert, CA podiatric office. A bunion often causes a swollen, red bump to develop and if you suffer from a bunion, you can attest to the discomfort often associated with them.

### What is a Tailor's Bunion?

Bunions typically develop due to an abnormal foot structure or faulty foot mechanics. While more commonly seen on the outside of the joint at the base of the big toe, a smaller bunion can develop on the side of the little, or pinkie toe. When this occurs, it is called a tailor's bunion.

The tailor's bunion got its name from the description of how tailors would work sitting cross-legged all day. The outside of their feet would rub on the ground creating an area of pressure that would lead to a small bump.

### What are the Symptoms of a Tailor's Bunion?

A tailor's bunion is a progressive condition, meaning that it will worsen over time. It will develop in the area where the small toe connects to your foot. You will often notice a visible bump on the side of the toe that may be red and swollen. Having a tailor's bunion may make it difficult to wear certain kinds of shoes and result in further inflammation of the area.

The bump can increase over time and with the irritation from wearing shoes can become irritated. It is not uncommon for a callus to form around the bunion as well as the skin of the raised bump is exposed to repetitive friction and pressure. Swelling and pain could also be a sign of bursitis, a pocket of fluid that could accompany a tailor's bunion. You may also notice that your foot is wider than it once was. A separation of bones in your foot, which is a common root cause of the bunion, can cause a widening of the foot as well.

### What Causes a Tailor's Bunion?

Unfortunately, you may have your parents to thank for your tailor's bunion. One of most common factors for the development of this condition is an inherited faulty foot structure. An abnormality in the structure of the bones in your foot can cause a shift in the position of the bones. With tailor's bunions, the metatarsal bones cause the little bone to lean inward. This exposes the outside of the toe to repetitive friction in shoes, leading to the development of the bunion.

High heels and shoes with narrow, pointy toe boxes can also lead to the development of a tailor's bunion as they compromise the function of the foot. For this reason, we see women dealing with this condition more often than men.

### Treatment For a Tailor's Bunion

After diagnosing a tailor's bunion, Dr. Danciger will often begin with a variety of conservative treatment methods. He may implement any one or more of the following treatment options:

- Modifying the shoes you wear so you are in comfortable shoes with roomy toe boxes
- Placing pads over the bunion to reduce pressure and pain
- Anti-inflammatory medications
- Cortisone injections to alleviate swelling around the toe joint
- Removal of any calluses that have developed
- Custom orthotics to better support and stabilize your foot

Surgery is usually only an option discussed after the above methods have failed to alleviate symptoms. Based on your activity level, age and severity of the deformity, Dr., Danciger will be able to tailor a treatment plan specific to your needs. Call us today for treatment if you have been living with pain from a tailor's bunion. Contact our podiatric office at (760) 568-0108 or request an appointment directly from our homepage.

We would love to send you one of our free resources to teach you more about foot and ankle health. Click on any one of the offers on our home page and we will send you a book, audio cd and/or newsletter at no cost to you!