



# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



**REQUEST AN APPOINTMENT** 

**OUR OFFICE**

74000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260

**VIEW MAP** 

**OUR WEBSITE**

[CoachellaValleyPodiatrist.com](http://CoachellaValleyPodiatrist.com)



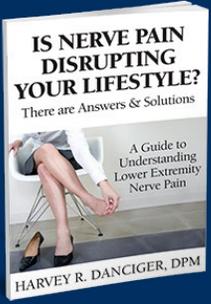
**CALL NOW: (760) 568-0108**

## Don't let bunion pain get your new year off to a rough start!

Roughly half of Americans—give or take—make New Year's resolutions. No matter if you fall in that crowd, are looking to continue your normal fitness routine, or simply want to enjoy favorite activities, the last thing you need is bunion pain holding you back!

[Fortunately, we can help.](#)

A good starting point with solving any problem is becoming informed, so let's take a look at why bunions develop, how you can recognize them, and what can be done if you have one.



**GET FREE BOOK NOW** 



## Why do bunions develop?

While many people believe bunions are caused by footwear choices, that's not entirely accurate. Sure, certain shoe models—such as pumps and stilettos—can exacerbate an existing condition, but here are some real causes:

### GENETICS

This isn't always guaranteed, but if your parents, grandparents, or great-grandparents had bunions, the [odds are higher that you'll have them too](#). The reason for this is that most bunions are related to foot structure, which is inherited and passed along in DNA.

### ACUTE INJURIES

Depending on the severity and nature of damage, an injury can potentially lead to a bunion forming over time. In this case, we're talking about traumatic injuries that happen in a single occurrence.

### CHRONIC CONDITIONS

In particular, an individual who overpronates—feet rotate excessively during ground portion of steps—has heightened risk. This can be attributable to an accumulation of physical force over time in a very targeted area (the front, inner edge of the feet).

[For more information about bunion root causes, check out this blog post on our website.](#)

## Not sure how to identify a bunion? Here are symptoms you should know!

- A bony bump protruding on the inner edge of the foot, where the big toe connects
- Swelling, soreness, and/or redness around the big toe joint
- Pain that is either persistent or intermittent (comes and goes)
- Restricted movement of the big toe—and especially if arthritis is in the picture
- Calluses and corns (which develop when the big toe overlaps the second)

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

LEARN MORE



READ OUR BLOG

# Find the relief you need today!

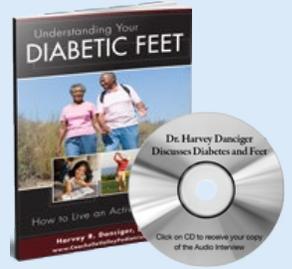
As we noted earlier, we are here to help if you suffer from bunion pain. The exact nature of your treatment, however, will depend on the stage and/or severity of your bunion.

For cases that are mild or caught early, we may be able to relieve symptoms and halt the deformity's progression with conservative treatment options. In very early stages, simply switching to footwear that is wider and more comfortable is a great starting point. Other nonsurgical approaches include custom orthotics, taping, padding, and physical therapy.

When a bunion is more severe in nature or caught late, it's more likely that we will recommend surgical intervention. There are a variety of procedures that may be able to provide the results you hope to see.

[You can learn even more about this common condition here on our website!](#)

**In addition to exploring our website to find additional information on this fairly common condition, we hope you also feel free to contact our Palm Desert office—and especially if you need to schedule an appointment. You can reach us at (760) 568-0108 or [fill out a contact form on our website.](#)**



**GET FREE CD NOW** ▶

**GET FREE BOOK NOW** ▶

## VIDEO LIBRARY



**DR. DANCIGER'S VIDEOS** ▶

**EDUCATIONAL VIDEOS** ▶

Looking for more advice on making 2019 kinder to your feet and ankles?  
Just let us know!

## Sudoku

		5	1	9				
				3				
				2	4	9		
1	2		5					9
			6		9	3		
	4				3	1		8
		9					7	
6		7			1	4		
		2	9	5			1	

### Didn't find what you were looking for?

Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library.](#)

3	8	5	1	9	6	2	4	7
2	9	4	7	3	5	6	8	1
7	6	1	8	2	4	9	3	5
1	2	3	5	4	8	7	6	9
5	7	8	6	1	9	3	2	4
9	4	6	2	7	3	1	5	8
8	1	9	4	6	2	5	7	3
6	5	7	3	8	1	4	9	2
4	3	2	9	5	7	8	1	6



## QUICK LINKS

**CONTACT US** ▶

**PATIENT EDUCATION** ▶

**PATIENT FORMS** ▶

**OUR SERVICES** ▶

**FAQ's** ▶