

Tailor's Bunion

Often a tailor's bunion is caused by an inherited faulty mechanical structure of the foot. In these cases, changes occur in the foot's bony frame-work that result in the development of an enlargement. The fifth metatarsal bone starts to protrude outward, while the little toe moves inward. This shift creates a bump on the outside of the foot that becomes irritated whenever a shoe presses against it.

Sometimes a tailor's bunion is actually a bony spur (an outgrowth of bone) on the side of the fifth metatarsal head. Heredity is the main reason that these spurs develop.

Regardless of the cause, the symptoms of a tailor's bunion are usually aggravated by wearing shoes that are too narrow in the toe, producing constant rubbing and pressure. In fact, wearing shoes with a tight toe box can make the deformity get progressively worse.

Symptoms:

- Pain in the area of the bump
- Swelling in the area of the bump
- Difficulty buying shoes that will not cause pain around the deformity

Treatment:

Non-surgical Options:

- **Shoe modifications:** Shoes that have a wide toe box. Avoid pointed toes or high heeled shoes.
- **Oral medications:** Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may help relieve the pain and inflammation.
- **Injection therapy:** Injections of corticosteroid are commonly used to treat the inflamed tissue around the joint.
- **Padding:** Bunionette pads placed over the area may help reduce pain
- **Icing:** An ice pack may be applied to reduce pain and inflammation. Wrap the pack in a thin towel rather than placing ice directly on your skin.

Surgical Options:

Surgery is often considered when pain continues despite the above approaches. Surgery is highly successful in the treatment of tailor's bunions.

