

# PodiatryCare, P.C. *and the* Heel Pain Center

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## Tailor's Bunion or "Bunionette"

A Tailor's bunion is a deformity of the 5<sup>th</sup> toe joint where there is a prominence at the 5<sup>th</sup> metatarsal bone at the base of the little toe.

### Symptoms

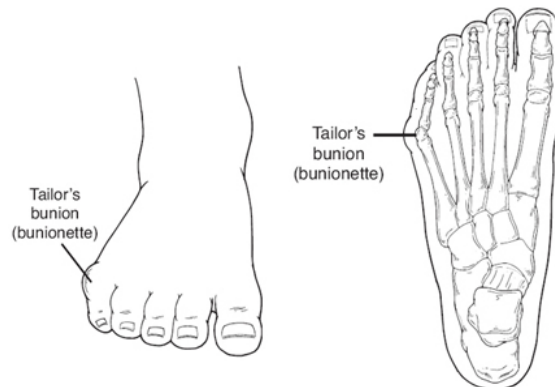
Redness, swelling, and pain may be present at the site. Rubbing of the area inside shoe gear can cause callus formation to occur. This rubbing may also cause formation of a fluid filled sac, called a bursa, to form over the area. This bursa can then become inflamed ("bursitis").

### Causes

This deformity is due to faulty mechanics of the foot, and in many cases is hereditary. The 5<sup>th</sup> metatarsal bone starts to drift outward while the bones in the 5<sup>th</sup> toe drift inward. This causes the prominence to form on the outside of the foot. Once this occurs, irritation from shoe gear tends to contribute to the symptoms of the deformity.

### Treatment

There are many options for non-surgical treatment of Tailor's bunions. These include shoe gear modifications (shoes with a wider toe box), oral anti-inflammatory medications (NSAIDs), padding, and corticosteroid injection to calm down inflammation. Periodic shaving of the callus by the doctors at PodiatryCare will also help alleviate some discomfort. When these treatments fail, there are surgical options available. Depending on the severity of the deformity, the extra bone may just need to be resected. In more severe cases, a bone cut can be made (called an osteotomy) to reposition the bone.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/tailors-bunion.htm>

<http://tailorsbunion.com/>