Hallux Valgus

Significant History   [1]

- Family History
- Painful Bunion
  - Aggravated by shoewear
  - Progressive Deformity

Radiographic Findings   [4]

- Medial Prominence of 1st Metatarsal Head
- +/- Joint Space Abnormality
- +/- Lateral Adaptation of Metatarsal Articular Surface
- Elevated HA Angle
- Elevated IM Angle
- Lateral Displacement of Sesamoids
- Axial Rotation of Hallux
- HAI Angle
- +/- Presence of DJD

Associated Findings   [3]

- 2nd Digit Hammertoe
- Plantar Callous
- Central Metatarsalgia
- Pronated Foot
- Ankle Equinus
- Ingrown Toenail

Significant Findings   [2]

- Medial Prominence - "Bunion"
- Lateral Deviation of Great Toe
- +/- Abnormal ROM 1st MTP Joint, 1st Ray
- Painful Medial Bursitis
- Neuritic Bunion Pain
- Widening of Forefoot

INITIAL TREATMENT OPTIONS   [5]

Patient Directed Tx	Non-Operative Tx	Operative Tx
• Wider, Lower Heeled Shoes • Bunion Pads • Ice • OTC NSAIDs	• Orthoses • Shoe Modifications • Patient Education • Rx NSAIDs	• Proceed to Box #7

[6] **CLINICAL RESPONSE**

NO Improvement ← → **IMPROVED**

Proceed to Surgical Evaluation or if initial treatment performed by Primary Care Physician, Refer to Podiatric Foot & Ankle Surgeon   [8]

Continue Initial Therapy   [7]

ASSESS DEGREE & LOCATION OF DEFORMITY or ARTHROSIS   [9]
Choose Surgical Procedure(s), all include Capsule Tendon Balance (CTB), Refer to Table 1

STAGE 1   [10]

- HA Angle < 25°
- IM Angle < 12°
- Joint Deviated or Congruent
- +/- Hallux Deformity

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1. CTB
2. EXOSTECTOMY
3. OSTEOTOMY

STAGE 2   [11]

- HA Angle ≥ 25°
- IM Angle ≤ 16°
- Joint Deviated, Congruent or Subluxed
- +/- Hallux Deformity

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1. CTB
2. EXOSTECTOMY
3. OSTEOTOMY
4. MC ARTHRODESIS

STAGE 3   [12]

- HA Angle > 35°
- IM Angle > 16°
- Joint Deviated or Subluxed
- +/- Hallux Deformity
- Joint Arthrosis

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1. CTB
2. EXOSTECTOMY
3. OSTEOTOMY
4. Resection Arthroplasty
5. MTP or MC ARTHRODESIS

Pathway 2