



Bunion Case

Ready. Set. Go!

Bunions are the bread and butter of podiatry, there are so many ways of fixing them it can be hard and overwhelming. Choose YOUR method and get ready to defend it. Most importantly smile, you made it this far!

Case

- HPI: 41 year old Female, presents complaining of right bunion pain for the past 6 years. She has tried many previous conservative methods including physical therapy, shoe gear modification, and custom orthotics. Seeking surgical consult.

What do you want to know next?

Past History

- Illnesses: Healthy
- Meds: No Medications
- Allergies: None
- FH: non-contributory
- SH: non-smoker

What do you want to know next?

Physical Exam

- Neurovascular intact.
- Derm: Right: medial pinch callus
- MSK: HAV
 - 1st MTPJ ROM 25 degrs. Dorsiflexion
 - (+) Crepitus
 - (+) Tracking
 - (+) Valgus angulation
 - (+) 1st ray hypermobility
 - Roots vs. Dynamic Hicks. What is normal 1st ray excursion?
 - (-) Metadductus
 - (-) Equinus

Physical Exam

Weight bearing exam:

- (+) Functional Hallux Limitus
- RCSP
- NCSP
- (+) Abducted (too many toes)
- (+) Medial column collapse
- (+) Equinus (early heel off)

Imaging

- Read the image



Bunion Radiographic Normal Values?

- AP
 - IMA
 - HAA
 - HIPA
 - PASA/DASA
 - Metatarsus adductus angle
 - Sesamoid location
 - Met protrusion distance

Bunion Radiographic Normal Values?

- Lateral
 - Foot type (pes planus vs cavus)
 - Seiberg's index (Met primus elevatus)
 - Quality of joints
 - Other digital deformities

Plan

What's your plan doctor?

Plan

- Incision placement?
- Osteotomy? *Austin? Kalish?*
- Screw size? *2.7, 3.5, 4.0mm?*
- Cannulated or not?
- Cortical or cancellous?
- Partially threaded or Fully threaded?
- Orientation of screw?

Plan

- Pain Meds?
- Post-Op protocol?
- Return to clinic in how many days?
- When to take sutures out?
- When to take xrays?
- When to weightbear?
- When to return to regular running shoe?

Pimp Questions Bunions

- What's the true IM angle?
- What procedures correct PASA?
- What procedures correct DASA?
- Soft tissue procedures for HAV?
- Steps of a lateral release?
- Risks of bunionectomies?

Pimp Questions Bunions

- What causes Hallux Varus?
- Steps of lag technique?
- Overdrill and Underdrill for 2.7 mm screw?
- Overdrill and Underdrill for 3.5 mm screw?
- Why do we countersink?
- Why do we tap?

The End

Great Job!