

How are Bunions Treated? 怎樣治理拇趾外翻？

Even if preventive measures are taken, bunions may still worsen over time. Doctors will recommend the best form of treatment based on a careful assessment of each patient's condition.

即使有預防措施，拇趾外翻仍有機會隨時間惡化。專科醫生經過詳細評估後，會為病人提議適當的治療方案。

Non-Surgical Bunion Care (Conservative Care) 非手術治療 (保守治療)	If symptoms are mild, patients may consider wearing comfortable and roomy shoes, using splints, undergoing physiotherapy, using bunion shoe inserts, or avoiding high-heeled shoes to alleviate pain. 如症狀較輕微，可嘗試穿較舒適的鞋款、使用夾板、物理治療、穿着矯型鞋墊、避免穿着高跟鞋等，幫助減輕或緩解疼痛。
Surgical Bunion Care 手術治療	If symptoms worsen or affect the patient's ability to move or his/her quality of life, surgery may be considered. Surgery is currently the only treatment method that cures bunions. A variety of surgical techniques, generally categorized as traditional open surgery or minimally invasive surgery, are available for the treatment of bunions. Minimally invasive surgery involves smaller incisions, less trauma, and quicker recovery when compared with open surgery, though it is not suitable for everyone. 如果症狀較嚴重，甚至影響到活動能力和生活質素，可考慮通過手術矯正腳趾和重整腳趾平衡，亦是目前唯一可以根治拇趾外翻的方法。 拇趾外翻手術有很多種，大致可分為開放式和微創兩類。微創手術的創傷性較低，傷口較小，復原速度更比開放式手術為快；不過，並非所有患者都適合。

Post-Surgery Care 拇趾外翻手術後護理

During the recovery process, patients should:

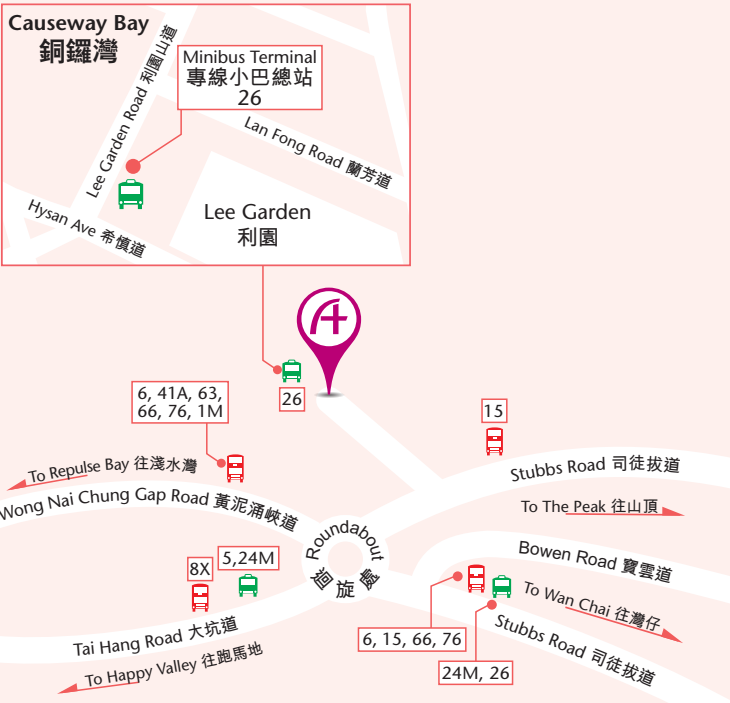
- Keep the affected foot elevated to help reduce swelling
- Keep the wound clean and dry
- Take medications according to the doctor's directions
- Wear the special shoes provided by the hospital
- Perform rehabilitation exercises to facilitate recovery of the function and flexibility of the big toe muscles
- Avoid strenuous exercise for three months after surgery
- Attend follow-up consultations on time to closely monitor the healing process

於復原過程中，患者宜：

- 手術後多抬高患肢，以減輕腫脹
- 保持傷口乾爽及乾淨
- 按醫生指示服用止痛藥
- 穿上醫院提供的專用鞋
- 配合適當復健運動，恢復拇趾肌肉力量及增加拇趾靈活性
- 避免在手術後3個月內用進行劇烈運動
- 按時覆診以監察康復進度



路線圖 Map



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Bunion Clinic 拇趾外翻診所



4 Bunion Clinic 拇趾外翻診所

The Bunion Clinic at Hong Kong Adventist Hospital – Stubbs Road is managed by an experienced team of orthopedic surgeons, radiologists, podiatrists (foot specialists), physiotherapists, radiographers and nursing staff. By designing personalized treatment plans tailored to each patient’s individual needs, our goal is to help patients recover full function of their feet.

Whether you are experiencing with mild discomfort or severe pain, our team is committed to walking alongside you on your journey towards healthy and happy feet.

香港港安醫院—司徒拔道的拇趾外翻診所由富經驗的骨科醫生、放射科醫生、足病診療師、物理治療師、放射技師和護士組成。目標是按照病人的個別情況和需要，製定個人化的治療，以協助病人恢復足部功能。

無論拇趾外翻為您帶來的是輕微不適，或是嚴重疼痛，我們的團隊會與您一同踏上健康足部之旅，提供全方位的支持和幫助，為您的足部健康保駕護航！

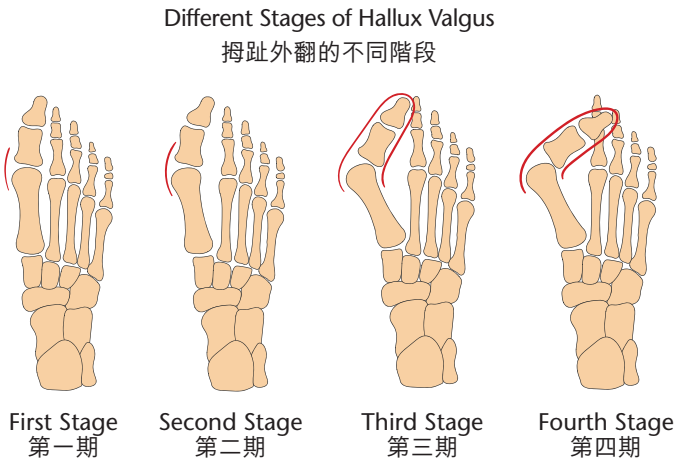
4 Bunion Clinic Services 拇趾外翻診所服務

- Diagnosis and examination provided by orthopedic surgeon (including weight-bearing X-ray exam)
- Minimally invasive bunion surgery
- Traditional bunion surgery
- Customization of orthotic insoles
- Rehabilitation services
- 骨科醫生診斷和檢查（包括負重 X 光造影檢查）
- 拇趾外翻微創手術
- 拇趾外翻開放式手術
- 訂製鞋墊
- 復康治療

4 What is a Bunion? 甚麼是拇趾外翻？

A bunion, also known as hallux valgus, forms due to a deformity of the first metatarsophalangeal joint, which causes the base of the big toe to protrude outwards and the big toe to bend in toward the second toe. A bump or lump usually forms at the base of the big toe or side of the foot.

拇趾外翻是指拇趾關節變形，呈現異常起角並歪向二趾。通常在拇趾底部、足內側會生出腫塊，稱為拇囊炎。



4 The Risk Factors for Bunions 拇趾外翻的高危因素

1. Gender: bunions are 15 times more common in women than men
2. Family history: 50 to 90% of patients have a family history of bunions
3. Congenital factors: abnormal bone structure, loose ligaments, and flat feet increase a person’s risk of bunions
4. Disease: individuals with conditions such as rheumatoid arthritis or gout are more likely to develop bunions
5. External factors: foot injuries or regular wearing of narrow, pointed, or high-heeled shoes

1. 性別：女性患上拇趾外翻風險較男性高十五倍
2. 家族史：約五至九成患者有拇趾外翻家族史
3. 先天因素：如骨骼結構異常、韌帶鬆弛、扁平足等。
4. 疾病：如患有類風濕關節炎或痛風等。
5. 外在誘因：如受傷、經常穿窄尖頭鞋或高跟鞋等。

4 Symptoms of Bunions 拇趾外翻的症狀

Bunions worsen over time. During the early stages, bunions generally affect the appearance of the foot, but as the first metatarsal bone continues to shift, bunions can come into contact with the inside of the shoe and cause inflammation, redness, and pain.

As the deformity of the big toe worsens, other toes may also become misaligned or even stacked on top of one another, leading to an uneven distribution of weight on the forefoot and the formation of calluses. Severe bunions may cause a person to be unable to wear shoes and affect his/her ability to walk normally.

拇趾外翻會隨着時間惡化，初期主要是影響外觀。隨着拇趾關節愈來愈突出，會跟鞋子磨擦，引致滑膜炎、紅腫和痛楚。

如果拇趾關節變形嚴重惡化，有機會推歪其他腳趾，甚至令其他腳趾疊起，導致前足底受力不平均，形成腳繭。嚴重者甚至無法穿鞋，連日常走路都會受到影響。

4 How are Bunions Diagnosed? 如何診斷拇趾外翻？

Doctors generally identify bunions through:

- Assessment of the patient's medical history and family history
- Clinical evaluation
- Weight-bearing X-rays

醫生主要根據下列三項來診斷病情：

- 病人的病史及家族史
- 臨床檢查
- 負重式 X 光造影



手術後（左腳）；手術前（右腳）
After surgery (left foot); before surgery (right foot)

