



# Stages of Bunion

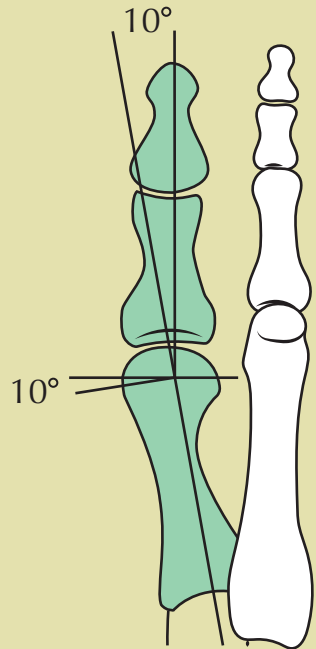


Alternative *foot* solutions

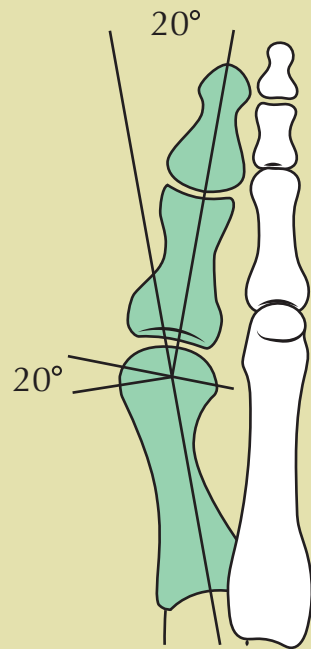
**Manly** 02 8966 9300

**City** 02 8072 7278

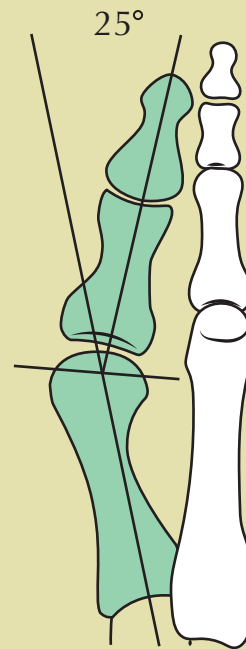
[www.alternativefoot.com.au](http://www.alternativefoot.com.au)



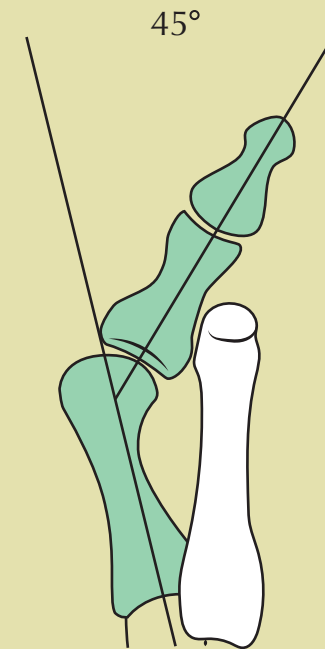
**Normal**



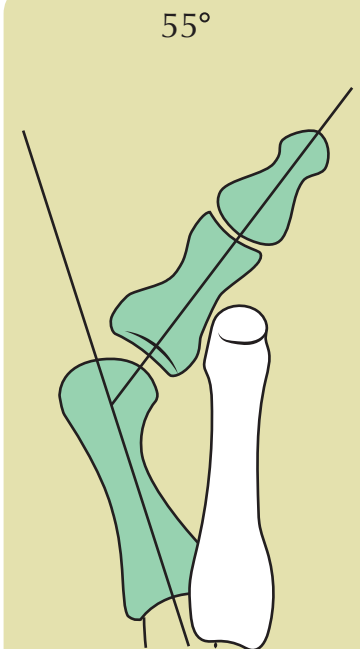
**Congruous**



**Deviated**



**Sublocated**



**Dislocated**

## Stage 1

- Mild
- Early stages
- Usually doesn't hurt
- May be some degenerative change starting that you aren't aware of

## Stage 2

- Moderate
- Usually degenerative change that may or may not be causing pain
- May have a bony bump
- At a stage where toe can be improved

## Stage 3

- Advanced
- Significantly advanced and associated with OA
- May need to consider surgery
- FMT may be able to stop progress but isn't for sure

## Stage 4

- Dislocated
- Surgery needed to reattach joint