

CASE STUDY

BUNIONS

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A 83 year old woman wants to be able to walk more comfortably and reduce forefoot callousing.

MEDICAL HISTORY

- Pain rating 2/10 in the past 7 days when it was at its worst. Chief complaint is 3rd met head pain only when weightbearing. Also experiences calf cramping at night.
- Has worn orthotics before, but still experiences L>R forefoot pain when weightbearing.
- She has both osteoarthritis and rheumatoid arthritis.
- Fell 4 years ago and fractured her right hip. Had right hip replacement surgery 4 years ago and right knee replacement surgery 8 years ago.
- Currently going to a podiatrist every month to shave plantar foot callous.

CLINICAL OBSERVATION & GAIT ANALYSIS

- Pes cavus foot structure with tight calf complex.
- Transverse arch collapse with forefoot fat pad atrophy and significant met head callousing.
- Significant L>R hallux valgus overlapping lesser toes.
- Underpronation in gait with left tibial varum, right external rotation, and medial toe off.
- An estimated 1cm structural LLD has been noted with right shorter.
- Positive block test using a 6mm heel lift on the right.



TREATMENT PLAN

- An accommodative custom foot orthotic with a metatarsal pad and 3rd met head cut out to offload the forefoot. 6mm loose heel lift on the right to improve hip balance.
- Supportive rockered footwear with a wide, round toe box.
- Shoe stretch modification to accommodate bunions.
- In-home supportive footwear.
- Continue seeing a podiatrist to treat met head callousing.
- Physiotherapy to work on hip and lower limb stretching.

3-WEEK FOLLOW UP

- Global rating of pain decreased to a 1 at its worst.
- Overall finds the orthotics comfortable rating them an 8/10.
- Is currently having no issues during daily physical activities while wearing the orthotics for more than 6 hours per day.
- She used to want to take her shoes off as soon as possible due to discomfort and now she is happy using footwear all day.

All pedorthic appointments are handled by our on-site pedorthists with extensive anatomy and biomechanical knowledge. Each case is treated with the patient's comfort and safety in mind as recommendations are given accordingly.

A comprehensive treatment plan may include custom orthotics, heel lifts, and shoe modifications, to name a few. Follow-up appointments ensure the services provided at Kintec evolves along with the patients' ever-changing lifestyles.

Patients can see a Pedorthist by booking a custom orthotics appointment at kintec.net/booknow