

Legend Physiotherapy Has Thrown Some Light On Bunions and Non-Surgical Treatments



British Columbia, Surrey, Sep 29, 2021 ([Issuewire.com](https://www.issuewire.com)) - Canada: At Legend Physiotherapy, we assist at least two patients each day who are suffering from bunions. Bunions can occur due to various reasons such as improper boots, genetics, structural abnormalities, etc. No matter what the reason is, our advanced physical therapy treatments at Legend Physiotherapy ensure that the pain or discomfort due to bunions is resolved.

What exactly is a bunion?

A bunion is a bony bump that arises on the inside edge of the foot. It usually occurs where the innermost bone of your foot intersects with the big toe. Bunions are one of the most common foot problems. It affects almost 25-33% of adults and occurs mostly in women and older adults.

What causes a bunion?

We have a special team of physiotherapists who are dedicated to curing bunion discomforts and pain. Our team deals with different types of bunions on a daily basis. Thus, we are aware of the multiple factors that can lead to bunions. The most common causes are:

- **Genetics**

It is possible that you have inherited loose ligaments or flat feet from your parents. Both flat feet and loose ligaments often cause bunions.

- **Pregnancy**

In pregnancy, your body releases a hormone known as relaxin. It tends to widen the pelvis during pregnancy while softening the ligaments in your feet. Soft ligaments can cause the bones in our feet to spread out, which eventually leads to bunions.

- **Structural abnormalities**

Structural abnormalities often cause bunions. Examples of abnormalities include flattened arches, missing bones, a foot injury, or asymmetry of the legs that can lead to the development of bunions.

- **Improper shoes**

Pointy or narrow shoes can unnaturally put your foot into an unnatural position. High heels lead to tight calf muscles, which causes the arch on your foot to collapse.

There are multiple reasons for the annoying bunion on your feet. And the good news is we are here to help you out. Physical therapies work wonders when it comes to healing bunion discomfort and pain. Book an appointment with our physiotherapists. It's time to take a step towards a pain-free, healthy life.

How can we help?

At [Legend Physiotherapy](#), we have qualified and experienced physiotherapists. We analyze the severity of your bunions and prepare a treatment schedule accordingly. Our wide slew of physical treatments aims at curing your bunion discomfort and helps you live a better life.

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