



Various Treatments used for Hallux Valgus

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Mini Review

Abstract: Hallux valgus is a common foot deformity characterized by the lateral deviation of the first metatarsal bone and the medial deviation of the proximal phalanx of the first toe. The condition is often associated with pain and difficulty in walking. Various treatments are available, ranging from conservative measures such as orthotics and physical therapy to surgical interventions. This mini review discusses the different treatment options for hallux valgus, including their effectiveness and potential complications. The prevalence of hallux valgus is estimated to be 23% in women and 3% in men. The condition is more common in older individuals and those with a history of foot trauma or prolonged use of high-heeled shoes. The pathogenesis of hallux valgus is multifactorial, involving genetic, biomechanical, and hormonal factors. The treatment of hallux valgus depends on the severity of the deformity and the patient's symptoms. Conservative treatments are typically recommended for mild to moderate cases, while surgical treatment is reserved for severe cases or those that do not respond to conservative measures. The most common surgical procedure is the cheilectomy, which involves the removal of the bony spur and the realignment of the joint. Other surgical options include the use of implants and ligament reconstruction. The choice of treatment should be based on a thorough evaluation of the patient's condition and their individual needs. This mini review provides an overview of the current treatment options for hallux valgus and highlights the importance of a multidisciplinary approach in the management of this condition.

