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Effectiveness of non-surgical interventions for hallux valgus: a systematic review and meta-analysis

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THE Article

- A systemic review and meta-analysis
- This study looked at the effectiveness of non-surgical interventions for hallux valgus (HV) otherwise known as bunions
- Published in 2021 by
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THE Takeaways

- HV occurs when the big toe deviates towards the other toes creating a bunion
- HV is associated with both degenerative and inflammatory arthritis
- HV leads to disturbed foot function, postural instability, and increased fall risk in older adults
- conservative care is recommended prior to surgery

THE Takeaways

- 8 studies showed significant pain reduction with
 - orthotics (significantly),
 - night splints/dynamic splints,
 - manual therapy,
 - taping added to foot exercises,
 - multimodal care,
 - and Botox injections
- However, *meta-analysis* found using manual therapy alone, as well as splints *not* helpful in pain reduction



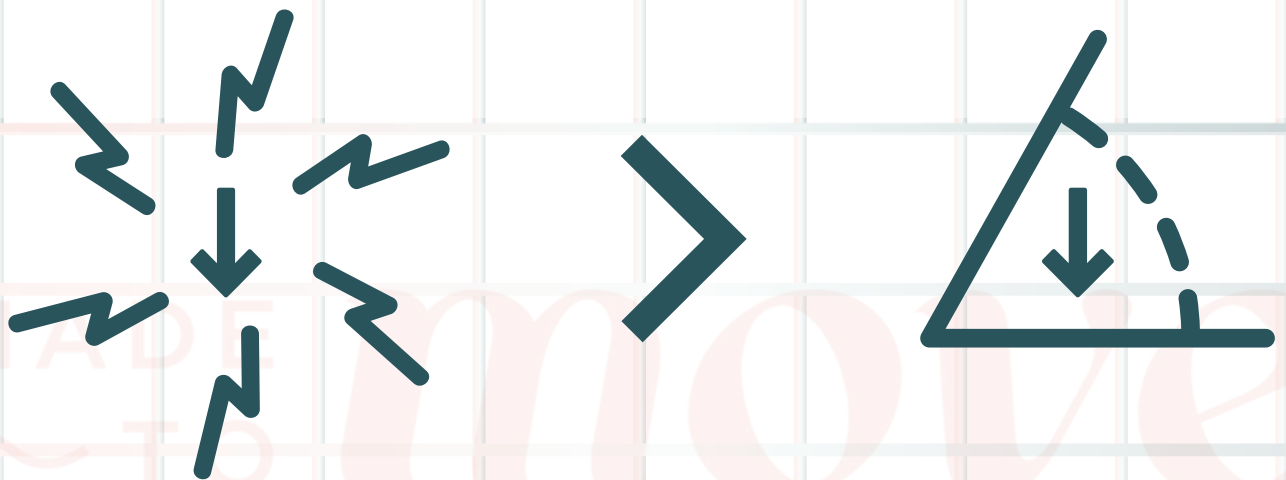
THE Takeaways

- 4 studies found clinically significant reduction in HV angle from
 - night splints,
 - foot exercises,
 - multimodal care,
 - and Botox injections
- However, *meta-analysis* found splints *not* helpful in reduction of HV angle



THE Takeaways

- There was no significant difference between using orthotics, manual therapy, or exercises
- Overall, reduction in pain is more likely than reduction in HV angle



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