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# Tailor's Bunion

## Bunionette

Helping people to be  
the best they can be

# Tailor's Bunion

## What is a Tailor's Bunion?

Tailor's bunion, also called a bunionette, is a prominence of the fifth metatarsal bone at the base of the little toe. The metatarsals are the five long bones of the foot. The prominence that characterizes a tailor's bunion occurs at the metatarsal head, located at the far end of the bone where it meets the toe. Tailor's bunions are not as common as bunions, which occur on the inside of the foot, but they are similar in symptoms and causes. The name is derived from when tailors sat cross-legged all day with the outside edge of their feet rubbing on the ground. This constant rubbing led to a painful bump at the base of the little toe.

## What are the causes of a Tailor's Bunion?

Often a tailor's bunion is caused by an inherited faulty mechanical structure of the foot. In these cases, changes occur in the foot's bony framework, resulting in the development of an enlargement. The fifth metatarsal bone starts to protrude outward, while the little toe moves inward. This shift creates a bump on the outside of the foot. That becomes irritated whenever a shoe presses against it.

## What are the symptoms of a Tailor's Bunion?

Symptoms include redness, swelling and pain at the site of the enlargement. Symptoms comprise of a 'deep joint ache' and/or 'rubbing pain'. Symptoms are usually aggravated when wearing shoes that are too narrow in the toe box, producing constant rubbing and pressure

## What are the treatments for Tailor's Bunion?

Treatment for tailor's bunion typically begins with nonsurgical therapies.

- **Footwear modifications** – choose shoes that have a wide, deep toe box, and avoid those with pointed toes or high heels
- **Padding** – bunionette pads placed over the area may help reduce pain
- **Oral medication** – nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may help relieve pain and inflammation short-term
- **Icing** – an ice pack may be applied to reduce pain and inflammation, wrap the pack in a thin towel rather than placing ice directly on your skin
- **Injection therapy** – injections of corticosteroid may be used to treat the inflamed tissue around the joint
- **Orthotic devices** – in some cases, insoles to help offload the joint or correct alignment may be appropriate

Contact details:

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Open Monday – Friday 09.00

– 12.30 and 13.30 – 16.00