

This little piggy went the wrong way

Bunions and hammer toe are common issues associated with ill-fitting footwear

Humans are on their feet most of their life. So why wouldn't you want a proper pair of shoes?

Specifically, look for footwear that's wide enough to prevent two common toe issues: bunions and hammer toe.

TAKE VO

Doctor Marc Leonard is an OSF HealthCare podiatrist. He says a bunion is when bones move out of place to form a bump on the toe joint. Hammer toe is when a toe contracts up.

*****SOT*****

Dr. Marc Leonard, OSF HealthCare podiatrist

"Things I recommend avoiding: flip flops, lighter weight canvas shoes or shoes that just don't give you a lot of support. Instead, I recommend a good, sturdy walking shoe. If you have to do a sandal or flip flop, get something that's well-made with good arch support."

VO TAG

Good shoes also help avoid severe toe problems which could require surgery.