

This little piggy went the wrong way

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

Run time - :35

ANCHOR LEDE: Good footwear is key to avoiding two gross-looking toe issues: bunion and hammer toe. Tim Ditman of OSF HealthCare has more.

~~~

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.

*SOUNDBITE: "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."*

That's OSF podiatrist Doctor Marc Leonard.

I'm Tim Ditman.

~~~