

## SYMPTOM CHECKER



*Do you find it difficult to do the daily activities (or wear the shoes) you love? If pain and deformity have been preventing you from taking walks, riding your bike, or even wearing your favorite shoes, you may be suffering from bunions.*

*Take this quick quiz to better understand the symptoms you are experiencing so you can have an informed conversation with your doctor.*

### SYMPTOM CHECKER QUIZ

**Question 1: Do you experience any of the following?** *(Check all that apply)*

- A protuberance on the outside of one or both feet at the base of the big toe
- Swelling, redness or soreness in or around your big toe joint
- Corns or calluses where the first and second toes rub together
- Ongoing pain that comes and goes
- Limited movement or stiffness in your big toe

**Question 2: How long have you been experiencing stiffness and pain?**

- It started recently
- 1 year
- 2-5 years
- More than 5 years, or for as long as I can remember

**Question 3: What alternative or at-home treatments have you/do you use for temporary bunion relief?**

*(Check all that apply)*

- Wear looser/wider/flatter shoes
- Wear padded/cushioned shoe inserts that act as a buffer between your foot and shoe
- Oral nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen
- Cortisone injections
- Apply ice when the bunion becomes inflamed to relieve soreness and swelling
- Nothing provides temporary relief anymore

**Question 4: Does your bunion pain ever make it difficult to walk or stand for long periods of time?**

- Never
- Sometimes
- Always

**Question 5: Does your bunion pain ever prevent you from daily activities or exercise?**

- Never
- Sometimes
- Always