



## CONCERNED PARENT...

Soccer Cleats Causing Bunions?

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### ‘My 18 Year Old Daughter Has Had Two Bunion Surgeries!’

#### o ARE HER CLEATS THE PROBLEM?

This mother shared a story of her daughter, a soccer athlete, who has undergone not one, but two bunion surgeries on her feet. Her soccer coach likes their cleats tightly fit and this mother and her husband are concerned!

- o Most cleated sport athletes tend to like their cleats on the tight.
- o There is no single cause of bunions but footwear can be a factor, along with genetics and foot structure/alignment among others

#### o MOVING FORWARD

- o Mechanical Stressors Contributing to Toe Drift
  - Foot overpronation or collapse
  - Proximal, or from above the foot, issues from the hip-leg
- o Consider foot alignment factors....does she have foot orthotics? Has her surgeon recommended orthotics?
- o Does she have excellent range of motion (flexibility), strength, balance and control...etc – ie, her physical abilities? If these aren't recovered well enough she could remain at risk for abnormal stresses at the foot.

**AN APPLIED FUNCTIONAL SCIENCE APPROACH**

**YOUR KEY TO CONFIDENCE & COMPETENCE!**

Let us evaluate the ability of your injured body part to perform but also the nearby and

not-so-nearby body parts to ensure you're at **PEAK PERFORMANCE!**



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