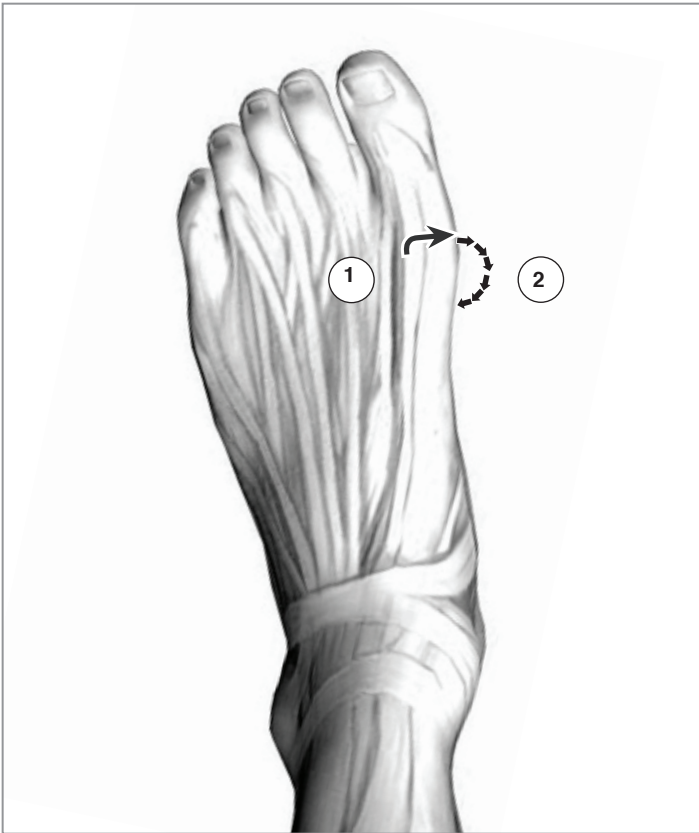


BUNION PROCEDURE



Move 1 - Move medially over the extensor hallucis longus tendon.

Moves 2 - Small 'Bowen Moves' around the seam of the joint of the 1st metatarsal. Repeat once more.

Move 3 - While maintaining traction to the 'great toe' circumduct the joint in a small figure of 8 pattern and flex the joint to loosen. Repeat.

Move 4 - Grasp the big toe and foot with both thumbtips below its joint. Flex the joint with the thumbtips acting as levers to open it, be careful not to cause pain.

As the joint becomes more flexible, you can suggest the client use a toe divider to aid in the re-alignment of the toe joint. Tom Bowen recommended a 15-20 minute footbath for as many weeks as necessary. Add 1/2 cup of Epsom salts dissolved in a basin of hot water, to tolerance of the client and soak till water cools. Do this a 3-4 times per week if possible.

He also recommended an application of Iodex Ointment to the affected joint after soaking to aid in the healing process. If Iodex is unavailable in your area any anti-inflammatory ointment instead.

