



# Various Treatments used for Hallux Valgus

Jorge Berlanga Acosta\*

*Tissue Repair and Cyto-Protection Research Laboratory, Center for Genetic Engineering and Biotechnology, P.O. Box 6162, Havana, Cuba*

## Mini Review

Abstract: Hallux valgus is a common foot deformity characterized by the lateral deviation of the first metatarsal bone and the medial deviation of the proximal phalanx of the first toe. The condition is often associated with pain, discomfort, and difficulty in wearing shoes. Various treatment options are available, ranging from conservative measures to surgical interventions. This mini review discusses the different treatment modalities used for hallux valgus, including orthotic devices, physical therapy, and surgical techniques. The goal is to provide a comprehensive overview of the current treatment options and their effectiveness in managing this condition.

