

In modern society, an increasing number of people are afflicted by painful foot disorders, and one of the most common disorders when it comes to our feet is Hallux Valgus, also known as bunions. Sooner or later, approximately 25 % of the population develop this painful condition, but current scientific research within the field has yet to come up with an unequivocal answer to why we develop bunions. Up until now, the recommended treatment has been to use different orthopedic aids, or to restore the angle of the toe joint by a surgical procedure – often followed by a long period of convalescence. Unfortunately, surgery is no guarantee that the condition doesn't return. This book presents a new, proven and simple method for preventing and treating Hallux Valgus, without any need for surgery and/or expensive orthopedic aids. In this book, both the theory behind the method and the different exercises that constitute the treatment are described.

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