

BUNION SPLINT

FOR ADULTS

CARETRAS[®]



TAKE CARE OF YOUR FOOT!

Please Read the User Guide Book Before Use.

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ABOUT CARETRAS

CARETRAS®

We have focused on bunion treatment for 5+ years. We work with professional doctors while listening to customer's feedback, never stop making better products.

Caretras products have benefited more than 100,000 customers, and have received recommendations of podiatrists and recognition from consumers.

WHAT IS BUNION?



Many women have BUNION — a deformity of the metatarsophalangeal (MTP) joint at the base of the big toe.

It is constantly being pressured by shoes, eventually the bursa (a fluid-filled sac that surrounds and cushions the joint) becomes inflamed, and the entire joint becomes stiff and painful.

To judge how severe a bunion is, clinicians take an X-ray and measure angles between certain bones in the foot (HVA and IMA). The upper limit of normal for the HVA is 15 degrees; for the IMA, 9 degrees.



BUNION DEVELOPMENT STAGE

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Thumb valgus is a progressive disease that must be promptly interfered with, corrected in time to prevent further deterioration.

1. REVERSIBLE STAGE (MILD BUNION)

Hallux valgus angle is around 10 degrees, affecting the appearance, without pain but with slight callus on the soles. It does not directly affect walking. However, if you keep on wearing high heels shoes, you will feel painful later.



2. CONTRACTION STAGE (MODERATE BUNION)

Hallux valgus angle is 10-20 degrees, the joints and ligaments are inflamed. The first and second toes are obviously squeezed. The soles of the feet are obviously widened, with the obvious



callus. Long-time walking may cause pain in the big toe joints and in the soles of the feet.

3, DETERIORATION STAGE (MODERATE BUNION)

Hallux valgus angle is 20-40 degrees, and the toes overlap. The anterior transverse arch collapses, the corns form, and the callus gets worsen.

During this stage, feet are becoming flat, and the heels are painful. The force on both feet start to be difficult to balance, which seriously affect standing and walking.



4, DEFORMITY STAGE (SEVERE BUNION)

Hallux valgus angle is more than 40 degrees, the toes lose function. Big toe is severely overlapped, causing difficulty in walking. The sole of the feet directly bears the pressure from the toes, becoming rough and calloused. The feet are bearing force wrongly, then joints will coordinate difficultly, causing the force line of the entire body to change, the knee joints inflamed, back pain and so on.





WHAT CAUSED BUNION?

1) ALWAYS WEAR POINTED SHOES OR HIGH HEELS

A bunion is most likely to develop when susceptible feet are repeatedly squeezed into narrow, pointed-toe footwear. High heels can exacerbate the problem because they tip the body's weight forward, forcing the toes into the front of the shoe. This may help to explain why bunions are 10 times more common in women than in men.

2) FAMILY INHERITANCE

Some foot types are more prone to bunions than others. Low arches, flat feet, loose joints and tendons, too round metatarsal head, all increase the risk.

3) OCCUPATIONAL DISEASE

People in occupations such as teaching and nursing, which involve a lot of standing and walking, are susceptible to bunions. So are ballet dancers, whose feet suffer severe repetitive stress. Women can develop bunions and other foot problems

4) WEIGHT ADDING, OR EXCESSIVE WALKING

Pregnancy lactation and menopause are the two periods in which the deformity is easily aggravated due to weight adding and systemic ligament relaxation. Youth who are still in the developmental stage, too much burden on the feet may also cause bunion.

5) OTHER FOOT DISEASES

The trauma of the foot, neuromuscular disease, or rheumatoid arthritis may also cause bunion.



BUNION'S TREATMENT

CONSERVATIVE TREATMENT



- 1) Wear proper fitting and comfortable shoes with less than 2-inch heels and provide plenty of space for your toes and forefoot. Have your feet professionally measured.
- 2) Protect the bunion with a moleskin or gel-filled pad and use toe spacers between the 1st and 2nd toes.
- 3) Use orthotics to help position the foot and redistribute weight correctly.
- 4) Use PediGoo night splint to hold the toe straight, stretch the soft tissue and ease discomfort.
- 5) Gastrocnemius stretching exercises, as well as other exercises (contact us for e-book)
- 6) Anti-inflammatories or steroid injections into the joint.
- 7) Caretras bunion pain relief plaster, warm soaks, ice packs, whirlpool, ultrasound, and massage may also

provide some relief.

8) Maintain a proper weight.

9) Avoid excessive strains: long-time soccer, dancing, climbing, marathon, excessive weight bearing

SURGERY

If the above conservative treatment does not relieve your pain, then surgery should be considered. Many podiatrists will only consider surgery after 3-6 months of conservative care. Before surgery, please consult an experienced podiatrist and other patients who have undergone surgery.



THE PRINCIPLE OF WHETHER SURGERY IS NEEDED OR NOT:

1) Bunions are necessary to be treated because they can cause other painful foot problems, such as hammertoes, joint pain and plantar fasciitis, due to abnormal distribution of force, it even can cause knee joint deformity and waist injury.

2) Especially for adolescent patients (before 16 years old), the affects of using bunion corrector is obvious, while for adult patients (the bones have been basically formed), it will take longer time to correct the thumb valgus. Please be patient and keep using for more than

3 months.

3) Do not advocate blind surgery. Many bunion feet are deformed but can be stable for life, without obvious symptoms, so no surgery needed at all.

4) If your feet don't have other discomfort other than the appearance, conservative treatment for 3 months first is recommended to try.

5) The risk of hallux valgus surgery is relatively high in elderly patients, and the surgery needs to be cautious.

6) Generally speaking, in the early stage of abnormal aggravation or increased pain, it is the best surgery time.

7) Surgery has a certain recurrence rate (about 16%), high cost, slow recovery period (3 months to 1 year), so do not do surgery if there is the possibility of recovery without surgery.

8) However, some patients have severe deformities and their life have been affected a lot. it's better to go to the surgery earlier if the surgery is needed sooner or later concluded by the podiatrist. The earlier the better effect, and lower risk.

9) Courage is needed for surgery, more needed are rationality and science. Please consult a full-fledged podiatrist, and do not make decisions casually

10) If the deformity is not serious, it is recommended to take conservative treatment first, consult a podiatrist regularly, wear low heel loose shoes, and avoid excessive weight-bearing.

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APPLICATION SCOPE FOR BUNION SPLINTS

- 1) Mild and moderate bunion patients who want to correct or prevent further deterioration
- 2) Patients who want to relieve pain temporarily
- 3) Patients who need to maintain surgical results after surgery
- 4) It is not recommended for patients with severe bunions to correct only by bunion corrector

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COMMON MISCONCEPTIONS

1) ALL BUNION CAN BE CORRECTED

Bunion corrector products will have a good effect on the early stage of bunion (mild bunion). Moderate bunion patients can try. If patients whose bunion is in a severe stage, use bunion corrector to correct the deformity, which is basically ineffective. The skeletal malformation is formed not overnight, the correction will take a long time and need patience.

2) THE GREATER THE STRENGTH, THE BETTER THE CORRECTION EFFECT

Hallux valgus is a bidirectional deformity. When the thumb is straightened, the underlying metatarsal bone may also be loosened, which may aggravate the deformity and make the foot wider. Please gradually correct it and consult the podiatrist regularly.

3) CONTINUE TO WEAR HIGH HEELS WHILE ENSURING THE BUNIONS WILL NOT BE HURT AND WORSENERD

To ensure good corrective effects, please change inappropriate habits.

4) FEEL THAT IT IS USELESS, EVEN MORE PAINFUL, SO HAVE A NEGATIVE FEEL ON BUNION CORRECTOR

The hallux valgus is different from people to people, and the effect of different people using the aligner will also be different.

However, if you are a mild to moderate patient, the correction will be gradual, and you will see obvious results after 3 months.

The pain caused by hallux valgus is usually intermittent, and some pains are not necessarily caused by hallux valgus. During the correction process, the process of skeletal muscle spasm reconstruction is sometimes inevitable. Be sure to correct gradually. Do not worry! Have abnormal reactions, and consult a doctor or contact us in time.



THE DIFFERENCES BETWEEN CARETRAS BUNION SPLINT AND OTHER SIMILAR BRANDS

1) BETTER FABRIC

Made of elastic fabric, lined with cotton, perforated in the middle layer, sweat-absorbent, breathable, comfortable, long-wearing will not cause stiffness.

While most of the fabrics of other splints are airtight, and the fabric that contact with skin is polyester, not cotton, not skin-friendly.

2) ORIGINAL DESIGN (SIMPLE ELEGANT, NON SLIP)

The size & shape of the product is designed by an American designer. In the case of ensuring the corrective effect, the redundant part is removed, and the convenience of usage is also taken into consideration. The simple and elegant style is achieved, and the anti-slide design ensures that it will not slip out of foot when using at night.

3) FULLY ADJUSTABLE

Adjustable everywhere, suitable for almost all sizes of adult feet.

Adjustable in 3 places (big toe strap, middle strap, anti-slide strap behind the ankle), different from most of the splints that only cover the front part of your feet, which is easy to slip off.

4) FLEXIBLE ALUMINUM STRIP

Flexible aluminum strips, arbitrarily fit the bunion area, also providing optimal corrective strength and angle. While most of the other splints are embedded with very hard aluminum strips, which put a lot of pressure on the bunion area and will be uncomfortable.



CARETRAS BUNION SPLINT USING INSTRUCTION

1) Distinguish left, right, inner-side(without the lable) and outer side(with the lable).



2) Find the metal strip and align with the big toe.



3) Wrap around your foot and stick the velcro tape.



4) Wrap big toe. Adjust the velcro till you feel good.



5) Put the anti-slide strap through the ring buckle on the outside of the foot and stick it, adjust the tightness according to the comfort.



6) If you feel the bunion area pressed and painful. You can adjust the curvature of the metal strip to fit the bunion bone.



7) If you still can't use it, watch the video in our website:

www.caretras.com/instruction-01

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TIPS FOR USING

- 1) Starting from 30 minutes / day, slowly over to at least 2 hours / day. Velcro can be adjusted to change the position & intensity. You may feel a little pain in your bunion in the first few days, that's normal, don't worry.
- 2) If your bunion skin (bony bump) is too sensitive, try to put some fabric padding around it.
- 3) Continue using it for 1-3 months, you will see great improvement for bunion correction.
- 4) During the correction period, try to avoid wearing tight shoes or high-heel shoes.
- 5) Before using it each day, it is better to soak your feet around 15 minutes in warm water, or massage it around 100 times to avoid foot stiffness.
- 6) Use the splint at night and the gel separators (if your purchased kit includes them) in the day time, it will help you keep the big toe in the right place all day long.
- 7) For those who are overweight, better to control the diet and make more exercises, in order to help reduce joint weight.

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Q&A

1) CAN I WEAR IT WITH SHOES?

No, it would not be comfortable. There is a metal strip/splint on the side of the toe. However, you can wear it around the home with flip flops.

2) IS THE TOE PART ADJUSTABLE?

Yes, you can adjust the intensity as needed.

3) WHAT SHOULD I DO IF I FEEL UNCOMFORTABLE?

When you use it for the first time, your feet are not accustomed to wearing this kind of item, since they will lose some flexibility, you can slowly increase the wearing time, let the feet gradually adapt to it.

If you feel a little pain in your bunion in the first few days, that's normal, don't worry. You can also adjust the intensity of the correction to relieve the symptoms of discomfort. In case your bunion become more serious or more painful after using the corrector for a while, please stop using and consult your orthopedist.

We welcome you to tell us about your using experience to help us improve our products, thank you.

4) IS IT EFFECTIVE TO CORRECT A BUNION?

Bunion corrector products will have a good effect on the early(mild bunion) stage of bunion, moderate patients can try, severe patients using bunion corrector to correct the deformity is basically ineffective. Before using, we recommend you to consult your orthopedist.

5) Can this corrector be used for children?

It is recommended to consult your orthopedist, even though the size maybe suitable for some age group.

CAUTION WARNING

This product is an auxiliary device and cannot replace medical treatment. Suitable for patients with moderate or mild bunions and prevention of postoperative recurrence. If you had a serious bunion problem, we suggest you should consult your orthopedist before you use any correcting device.

The following people should not use the product:

- 1) Allergy sufferers.
- 2) Those who have been tested for an aneurysm.
- 3) Those who have suffered from blood circulation disorders.
- 4) Those who have wounds or injuries on where the product will be worn.
- 5) Pregnant women or women who may have conceived recently.
- 6) Children in their formative years, and those who are too old to apply a load to their feet.
- 7) Do not use during sports or hazardous work.
- 8) Do not process, modify or try to repair the product yourself.
- 9) Do not use this product if it is in a damaged condition.

WARRANTY

60 DAYS GUARANTEE



You are protected by our 60 days money back guarantee and customer service:

Please contact our customer service at

support@caretras.com

when you have any concerns or questions.

Any problem with our product will get full refund with no questions asked.



BONUS



FREE to get 4 useful and practical exercises PDF e-book to achieve better bunion correction effect.

Send email to

support@caretras.com

Our customer service team will send you the file.



CAUTION

This product is an auxiliary device and cannot replace medical treatment. Suitable for patients with moderate or mild bunions and prevention of postoperative recurrence.

If you had a serious bunion problem or child under 12 years old, we suggest you consult your orthopedist before you use any correcting device.

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