

The following will apply for CME credit for the 2016-2017 recertification year. All completed answer sheets should be held until you receive your recertification notice in the mail (April 2017). At that time attach all Journal answers sheets to your notice and mail to:

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A Problem in your Big Toe

Your big toe is the hardest-working toe. Every time your foot pushes off the ground, this toe _____ most of your body's weight. Because the big toe is so critical to _____, any problem with it can make walking or even standing painful. A _____ is one of the most common big toe problems. In addition to causing pain, a bunion changes the shape of your foot, making it harder to find shoes that fit. But you don't have to hobble for the rest of your life. Bunions can be treated.

Types of Bunions

_____ bunions arise from the growth of new bone. As new bone grows the joint _____. This stretches the joint's outer covering. Force created by the stretching pushes the big toes toward the smaller ones. Eventually, the inside tendons tighten, pulling the big toes farther out of alignment. _____ bunions result when the joint at the base of the toe shifts position. When the angle between the bones of the first and second toes is greater than normal, the big toe slants toward the smaller ones. In severe cases, this may also cause the second and third toes to _____. Many bunions are a combination of both types.

What causes bunions?

Although they may develop on the fifth toe, bunions usually occur at the base of the big toe. Bunions are often caused by _____ foot mechanics. The foot may flatten too much, forcing the toe joint to move beyond normal range. In some cases, joint damage caused by _____ or an _____ produces a bunion. And some people are born with the tendency to develop bunions. If you're at risk of developing a bunion, wearing high-heeled or poorly fitting shoes makes the problem worse.

Testing

_____ may be taken of your foot to show the position of the big toes joint. Your doctor may also want to see whether the bunion is affecting other bones in your foot.

How are bunions treated?

If a bunion is not painful or severe, your doctor may recommend that you wear a different style of shoes. Or you may be prescribed custom-molded shoe inserts to control incorrect foot mechanics. For painful or severe bunions, _____ surgery may be recommended. Some types of bunion surgeries are shifting _____ tissue, _____ bone, or _____ bone. After surgery, you'll soon be on your way home and ready for your recovery.

Fill in the blanks with these words

X-Rays	Shifting	Structural	Enlarges
Arthritis	Movement	Buckle	Supports
Removing	Positional	Incorrect	Bunion
Injury	Soft	Outpatient	Bunion

Name _____

Address: _____

City, State, Zip: _____

15-13 correct answers.....5 credits

12-10 correct answers.....4 credits

9-7 correct answers.....3 credits

6-4 correct answers.....2 credits

3-1 correct answers.....1 credit