



Normal foot



Foot with bunion

## Small deformity. Big issue.

That painful bump on the outside base of your big toe? That's likely a bunion, or hallux valgus.

### What is a bunion?

Bunions develop most often at the base of the big toe where the joint is located. This joint is where the first long bone of the foot meets the first bone of the big toe. Due to its location, bunions can often reduce the flexibility of the toe and cause continuous pain.

### What causes bunions?

Anyone can get a bunion, but they are most often seen in women. Genetics and lifestyle choices influence the likelihood of developing bunions and the speed at which they progress. Wearing tight-fitting or high-heeled shoes can often worsen bunion pain and the deformity. If left untreated, bunions will gradually worsen, causing further deformities like the toes pushing against each other and overlapping. In time, it may become increasingly difficult to wear shoes or walk due to pain.

### Bunion symptoms include<sup>5</sup>:

- Recurring pain and tenderness
- Redness and inflammation
- Hardened skin on the bottom of the foot
- Calluses or corns on the bump or between the toes
- Stiffness and limited motion in the big toe, which can lead to difficulty walking and standing

This patient education brochure is presented courtesy of Stryker. For more information on PROstep MIS, speak to your doctor and visit [www.PROstepMIS.com](http://www.PROstepMIS.com).

### Important information

Individual results and activity levels after surgery vary and depend on many factors including age, weight and prior activity level. There are risks and recovery times associated with surgery and there are certain individuals who should not undergo surgery. Only a physician can tell you if this product and associated procedure are right for you and your unique circumstances. Please consult with a physician for complete information regarding benefits, risks, anticipated implant duration and possible outcomes.

### References

1. Lam P, Lee M, Xing J, Di Nallo M. Percutaneous Surgery for Mild to Moderate Hallux Valgus. *Foot Ankle Clin N Am* 2016; 21: 459-477.
2. Lee M, Walsh J, Smith MM, Ling J, Wines A, Lam P. Hallux Valgus Correction Comparing Percutaneous Chevron/Akin (PECA) and Open Scarf/Akin Osteotomies. *Foot Ankle Intl* 2017; 38(8): 838-846.
3. Maffulli N, Longo UG, Oliva F, Denaro V, Coppola C. Bosch Osteotomy and Scarf Osteotomy for Hallux Valgus
4. Jimmy J. Chan, MD; Javier Z. Guzman, MD; Andrea Nordio, MD; Jesse C. Chan; Carl M. Cirino, MD; Ettore Vulcano, MD. Opioid Consumption and Time to Return to Work After Percutaneous Osteotomy in Foot Surgery. *Orthopedics*. May 7, 2020.
5. [www.AAOS.org](http://www.AAOS.org)

### Contact

2825 Airview Boulevard  
Kalamazoo, MI 49002  
Phone: +1 269 385 2600  
Fax: +1 269 385 1062

All products not available in all markets. <sup>™</sup> and <sup>®</sup> denote Trademarks and Registered marks of Stryker or its affiliates. ©2022 Stryker or its affiliates. All Rights Reserved.



Relieving the pain.

Resetting the standard.



With **PROstep minimally invasive surgery**, patients get back on their feet faster,<sup>2,3</sup> with less pain<sup>2</sup> and smaller incisions<sup>1</sup> compared to an open procedure. PROstep is resetting the standard of care to help you fight bunion pain.

**There has never been a better time to ask your doctor if bunion surgery is right for you. Take the next step – ask your doctor about PROstep minimally invasive surgery today.**

**PROstep<sup>™</sup> MIS**  
minimally invasive surgery

# PROstep™ MIS

minimally invasive surgery

Untraditional surgery.  
**Undeniable results.**<sup>1,2</sup>

## What is PROstep?

PROstep is a minimally invasive surgery performed using tiny incisions, usually under some form of image guidance. The incisions are just a few millimeters long compared to 3-5 inch incisions used in traditional open bunion surgery.

This type of surgery has been enabled by advances in technology which have allowed the development of very small drills (called burrs). These can be used to make delicate cuts in the foot.

Traditional bunion surgery

PROstep bunion surgery



## What sets PROstep apart?

When compared to traditional open bunion surgery, PROstep results in:

- Less pain<sup>1</sup>
- Quicker return to function<sup>2,3</sup>
- Smaller scars<sup>1,2</sup>
- Overall increased patient satisfaction<sup>1</sup>
- Less need for opioids, post-operation<sup>4</sup>

## PROstep: Before and after



**For more information about the PROstep minimally invasive procedure, visit [www.PROstepMIS.com](http://www.PROstepMIS.com), and speak to your doctor.**

## Patient stories

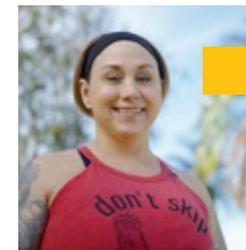
PROstep minimally invasive surgery patients share their experiences before and after bunion correction surgery.

Carolyn D.



“For over 70 years, I lived with bunions. The pain was one thing, but they were so unsightly that I was embarrassed to show my feet in public—I didn’t even have the confidence to walk into a shoe store! But now, thanks to PROstep MIS, there’s no more pain and whole lot more shoe shopping.”

“Before PROstep I feared that I would have to give up my nursing career and passion for bodybuilding. PROstep MIS gave me my life back!”



Christina T.