

Tips For Choosing RUNNING SHOES For Women With Bunions



Consider shoes with wider insteps to accommodate the bunions.



Choose shoes that conform to the shape of your foot as far as possible.

Select shoes that feature a toe box design for additional comfort.



Opt for shoes that offer ample stability.

Select shoes with soft soles to reduce the pressure on the bunions.



Consider shoes with a rocker bottom to alleviate stress on the MTP joint.

Avoid high-heeled shoes to reduce the likelihood of pain.



Avoid tight-fitting shoes to ensure pain-free maneuverability.

Reference

1. Bunions; AAOS