



# *Rapid Return to Real Life*

**miniBunion<sup>®</sup>3D**  
MINIMALLY INVASIVE BUNION SYSTEM

# What Is A Bunion?

A bunion looks like a bony bump on the inside of the foot at the big toe joint. But in reality, the bump forms when pressure on the big toe joint causes the big toe to lean toward the second toe, forcing the joint of the big toe to get bigger and stick out.

A bunion (or hallux valgus) is a progressive disorder in which the deformity gradually increases and the big toe joint may become stiff and painful.



*Healthy Toe*



*Bunion Toe*

## Bunion Treatment Options

### Conservative (non-surgical) Treatment

Conservative treatment is aimed at easing pain and slowing down the progression of the bunion. Your doctor may recommend changes in footwear, padding, orthotics, icing and/or pain relievers to minimize the discomfort you experience and to prevent the bunion from becoming more severe.

If conservative treatment doesn't ease your pain, your doctor may recommend surgery. Usually, bunion surgery can be done as an outpatient procedure without a hospital stay and is **typically covered by most insurance company policies**.

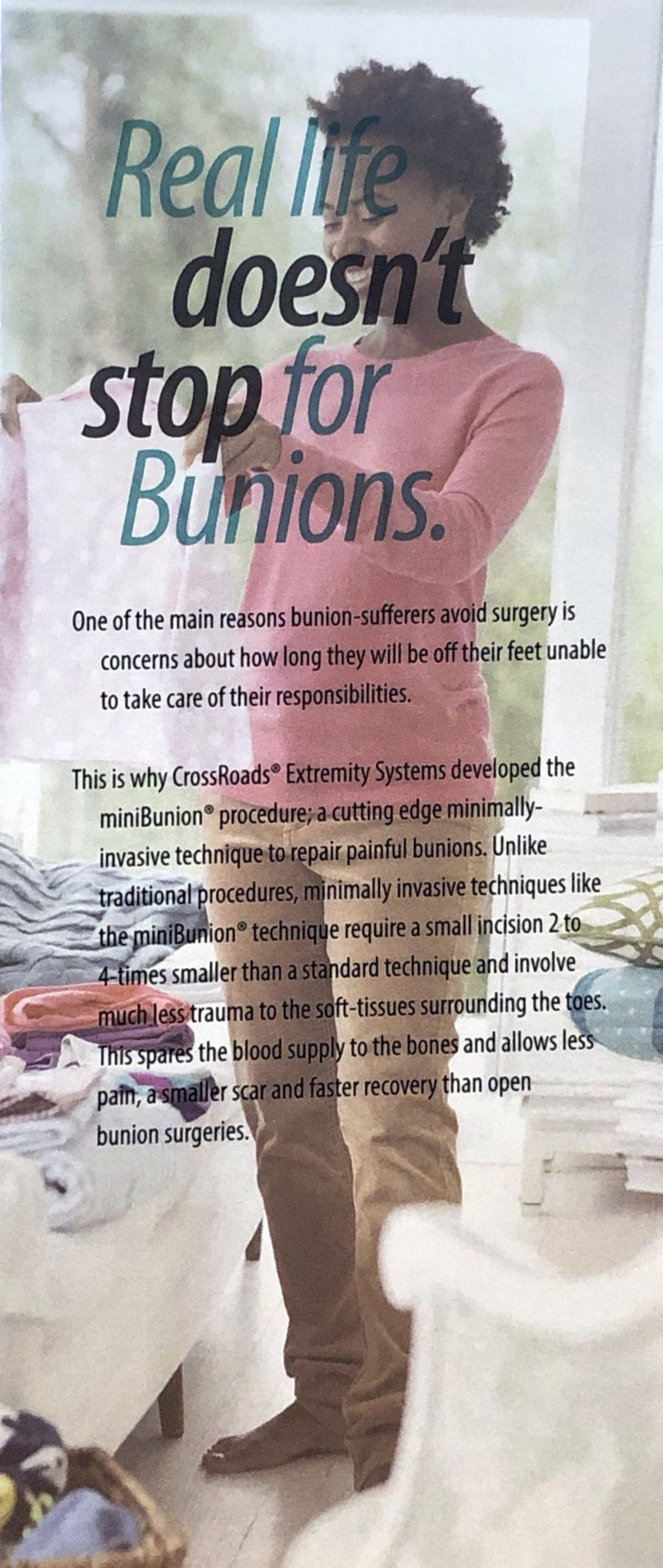
### Open Bunion Surgery

Open bunion surgery requires one or multiple incisions ranging from 2-6 inches in length. During surgery, the surgeon will cut and dissect quite a bit of soft tissue before cutting the bone for realignment. After securing screws and/or plates onto the bone, the surgeon stitches up the soft tissue and skin incision.

Due to the extensive soft tissue dissection, the recovery requires six to eight weeks of rehabilitation. A complete recovery can take four to six months.



*Open Bunion Surgery*

A woman with dark curly hair, wearing a pink long-sleeved shirt and tan pants, is smiling and holding a white sheet. She is standing in a bedroom with a bed and a window in the background. The text is overlaid on the image.

# *Real life doesn't stop for Bunions.*

One of the main reasons bunion-sufferers avoid surgery is concerns about how long they will be off their feet unable to take care of their responsibilities.

This is why CrossRoads® Extremity Systems developed the miniBunion® procedure; a cutting edge minimally-invasive technique to repair painful bunions. Unlike traditional procedures, minimally invasive techniques like the miniBunion® technique require a small incision 2 to 4-times smaller than a standard technique and involve much less trauma to the soft-tissues surrounding the toes. This spares the blood supply to the bones and allows less pain, a smaller scar and faster recovery than open bunion surgeries.

# miniBunion<sup>3D</sup>

MINIMALLY INVASIVE BUNION SYSTEM

## Technique

For mild or moderate bunions, the miniBunion<sup>®</sup> system is a cutting-edge, minimally-invasive surgical technique for implanting a micro-titanium implant.

### Step 1:

A small incision is made on the side of the foot.



### Step 2:

The toe is realigned and the miniBunion<sup>®</sup> micro-implant is inserted.



### Step 3:

The incision is closed with stitches.



### Step 4:

The stitches are removed and the small scar fades over time.



The procedure is typically covered by most insurance policies.

# Walking Recovery

## Minimally Invasive Surgery

- Earlier Return to Activities
- Reduced Pain & Swelling
- Significantly Smaller Scar
- Faster Return to Walking



Your surgeon will provide you with recovery instructions which may include rest, ice, and elevation to help with swelling and pain. It's possible that you will be able to walk on your foot in a post-op shoe. However, it is very important that you fully comply with your doctor's recovery instructions.

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Discover more at  
[www.minibunion.com](http://www.minibunion.com)

Patient results may vary. Please consult your physician to determine if this procedure is right for you.

REFERENCE

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 (data only with respect to chevron osteotomy procedure).

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*Clinical and Radiological Outcomes Comparing Percutaneous Chevron-Akin Osteotomies vs Open Scarf-Akin Osteotomies for Hallux Valgus. Foot Ankle Int.* v39:311-317 Mar 2018.



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