**Associated factors of Hallux Valgus and the Deformity impact**

**on quality of life with and without Surgery - A Review**

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## ABSTRACT

Hallux valgus is an abnormality of foot characterized by the medial deviation of first metatarsal and the lateral deviation of big toe. The deformity has vast impact on the quality of life and is commonly associated with functional disability and results in foot pain, impaired gait, falls and balance impairment during walking and standing. The aim of this review article is to determine the associated factors of hallux valgus and their effects on the quality of life with and without surgery.

Deformity of hallux valgus is associated with deteriorating effects on the health of foot. The deformity not only impacts the foot health but also health in general. Without the surgical treatment, the devastating effects of foot pain, gait instability and physical appearance affect the social and emotional aspects of life. Surgery leads to better functional abilities of foot and overall quality of life in majority of the patients.

**Keywords:** Hallux valgus, Deformity, Associated factors, Impact, Quality of life, Surgery

**How to Cite This:**

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