

## The knowledge of beauty salon clients about hallux valgus therapy. Preliminary study

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### ABSTRACT

**Introduction:** Hallux valgus is a frequent painful deformity of the feet, and occurs most often in women of different ages. People with hallux valgus have, among others, a genetic predisposition, a weaker ligament-and joint structure of the foot, pes planus (flatfoot), rheumatoid arthritis, muscular balance disorders, are obese, and wear improper footwear.

**Purpose:** To assess the knowledge of beauty salon clients on the subject of professional care of hallux valgus.

**Materials and methods:** Research was conducted in a beauty salon in Lomza, Poland using an original questionnaire. The study was approved (No. 4/2013) by the senate of the Ethics Committee of the Lomza

State University of Applied Sciences.

**Results:** The conducted research showed that 48% of the surveyed women dealt with hallux valgus using orthopedic insoles, and 26% underwent procedures recommended by a specialist. Respondents knew kinesiotherapy and taping as treatment methods for this ailment. The vast majority of the surveyed women would undergo non-surgical hallux valgus treatment, and only a few would opt for surgery.

**Conclusions:** The knowledge of the studied women about hallux valgus was quite extensive.

**Keywords:** cosmetology, hallux valgus, students' knowledge

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