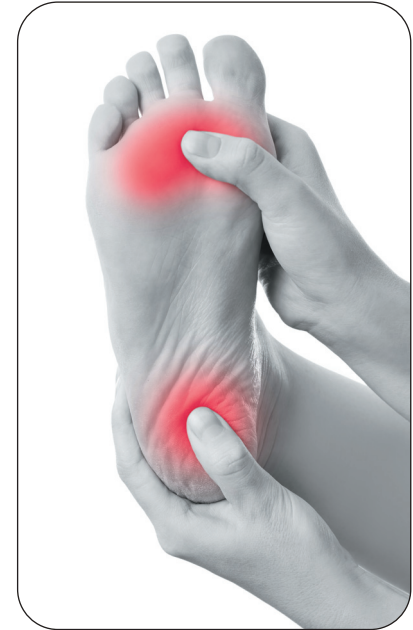


## HEEL PAIN



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## WHAT IS HEEL PAIN?

Heel pain is usually focused on the underside or the back of your heel. If your pain is on the underside of your heel, its likely cause is plantar fasciitis. Pain on the back of your heel, where the Achilles tendon attaches to the heel bone, is Achilles Tendinitis. Although heel pain is rarely a symptom of a serious condition, it can interfere with your normal activities, particularly exercise.

## WHAT CAUSES HEEL PAIN?

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Heel spurs occur when calcium deposits build up on the underside of the heel bone, a process that usually occurs over a period of many months. Heel spurs are often caused by strains on foot muscles and ligaments, stretching of the plantar fascia, and repeated tearing of the membrane that covers the heel bone. Heel spurs are especially common among athletes whose activities include large amounts of running and jumping.

3

## WHO IS AT RISK?

Malignments caused by abnormalities in the structure of the feet increase the risk of heel pain. Other risk factors include the following:



Engaging in strenuous high impact exercise (jumping/running)



Obesity



Standing for prolonged periods



Wearing shoes that do not fit properly

## WHAT ARE THE SYMPTOMS?

4

Heel spurs often cause no symptoms. But they can be associated with intermittent or chronic pain especially while walking, jogging, or running, if inflammation develops at the point of the spur formation. In general, the cause of the pain is not the heel spur itself but the soft-tissue injury associated with it.

Many people describe the pain of heel spurs and plantar fasciitis as a knife or pin sticking into the bottom of their feet when they first stand up in the morning. A pain that later turns into a dull ache. They often complain that the sharp pain returns when they stand up after sitting for a prolonged period of time.

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## WHAT ARE THE TESTS AND DIAGNOSIS?

Pre-surgical tests or exams are required to identify optimal candidates, and it's important to observe post-surgical recommendations concerning rest, ice, compression, elevation of the foot, and when to place weight on the operated foot. In some cases, it may be necessary for patients to use bandages, splints, casts, surgical shoes, crutches, or canes after surgery. Possible complications of heel surgery include knee pain, recurrent heel pain and permanent numbness of the area.

## WHAT ARE THE TREATMENTS?

6

### Non-surgical treatments for Heel Spurs

If you have heel pain that persists for more than one month, consult a health care provider. He or she may recommend conservative treatments such as:-

- Ankle and foot exercises
- Shoe modification
- Taping or strapping to rest stressed muscles and tendons
- Shoe inserts or orthotic devices
- Physical therapy
  - US
  - Contrast bath
  - ECSWT.

### Surgery for Heel Spurs

More than 90 percent of people get better with non-surgical treatments. If conservative treatment fails to treat symptoms of heel spurs after a period of 9 to 12 months, surgery may be necessary to relieve pain and restore mobility.

Surgical techniques include:-

- Release of the plantar fascia
- Removal of a spur.