

Heel Pain

Heel Pain is one of the most common problems seen by a “podiatrist”. Most heel injuries respond well to conservative treatments. If you have injured your heel, it is important to rest the injured foot by avoiding pressure on the painful heel. You must reduce your activity and by doing so you will recover quickly. Talking over the counter anti-inflammatory medication can relieve the pain and reduce the inflammation. Using an ice pack or a frozen water bottle on your heel for 10 -20 minutes every few hours will significantly reduce your swelling. Your podiatrist may also suggest specific footwear, taping, orthotics, daily stretches, cortisone injections, or shockwave therapy to help you recover. For more information about management of heel pain, please consult with a podiatrist. Robert C Chelin DPM and Associates at Aesthetics in Podiatry can provide the care you need to keep you pain-free and on your feet.

Causes of Heel Pain – Heel pain is often associated with the foot condition known as “plantar fasciitis”. The plantar fascia is a band of tissue that extends along the bottom of the foot, running from the inner half of the heel bone to the ball (metatarsals) of the foot. A rip or a tear in this tissue can cause inflammation and pain. Achilles tendonitis is another cause of heel pain. The pain is located on the back of the heel extending upwards. Inflammation of the Achilles Tendon will cause pain from fractures and tendon tearing. The lack of flexibility is also another symptom. Heel spurs can be another cause of heel pain. When tissues of the plantar fascia undergo undue stress it can lead to fascia separation from its attachment into the medial eminence of the heel bone resulting in heel spur formation.

Why Might Heel Pain Occur? 1) Wearing ill-fitting shoes 2) Wearing non supportive shoes 3) Weight change 4) Excessive activity.

Treatments – Heel pain should be treated as soon as possible for immediate relief of pain and to prevent it from becoming chronic. Keeping your feet in a stress-free environment will help. Using ice for any of the heel pain conditions above will help reduce the swelling fast. If needed take an oral or apply topical an anti-inflammatory. Stretching before an exercise like running or walking will help keep the muscles from straining or tearing. These tips will help make heel pain a thing of the past.