



Know the facts on

Heel Pain

What is Heel Pain?

Heel pain is one of the most common problems that a podiatrist treats. It's very common in adults and is often the result of daily activities and exercise.

The heel is designed to support the weight of your body. When you are walking and running the heel absorbs the impact. During walking the stress placed on the feet can be one-and-a-quarter times your body weight. This increases still further when you are running.



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What causes Heel Pain?

There are many causes of Heel Pain, such as:

- Achillies Tendonitis
- Heel Spurs
- Inflammatory conditions such as Bursitis, Arthritis and Spondylitis.
- Plantar Fasciitis
- Severs Disease
- Stress fractures

What will happen if I leave it untreated?

Unfortunately, heel pain can get worse if left untreated. Your gait can change due to you being aware of the pain and trying to avoid placing weight onto the heel. In turn, an altered gait can cause problems with the rest of the feet, the knees, the hips and even the back.



What can help?

Before embarking on treatment for heel pain it is important to discover the cause. Initially, resting can help to relieve the symptoms. Avoiding standing for long periods or walking long distances can be beneficial. If the area is inflamed, wrap an ice pack in a towel and apply to the area for 20 minutes several times a day.

A change to your footwear may be recommended. A shoe that offers support and cushioning would be beneficial for patients with heel pain.

What are the treatment options?

If the pain is severe, Non-steroidal anti-inflammatory drugs such as Ibuprofen can be taken.

Your Podiatrist may prescribe strengthening and stretching exercises.

If the heel pain is caused by a biomechanical abnormality, orthotics can be made by your Podiatrist to correct the underlying problem.