

Heel Pain

There are many causes of heel pain in adults including plantar fasciitis, stress fracture, insertional Achilles tendinopathy, Haglunds's deformity, tumour, fat pad atrophy, inflammatory /arthritic disorders, nerve entrapment, bursitis and gout.

We will diagnose your problem and come up with a treatment plan.

Plantar Fasciitis

This is the one of the commonest conditions that podiatrist's treat.

Pain may be located in the bottom of the heel or in the arch. Common symptoms are first step pain in the mornings when getting out of bed or when immediately on standing after sitting for long periods. Pain can also be present during the day.

Management includes: Icing, taping, stretching and strengthening exercises, anti-inflammatory medication, massage, dry needling, orthotics, compression sleeves, heel pads, night splints and footwear changes.

Most of the symptoms of plantar fasciitis will resolve in time with these interventions, however severe cases may require more intensive care involving the temporary use of walking boots, ultra sound guided steroid injections and radial shockwave therapy. Rarely is surgery ever necessary.

