

Heel Pain

What You Need to Know



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Most Common Heel Pain

A condition called Plantar Fasciitis

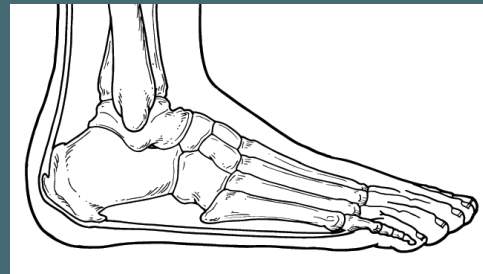


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What is Plantar Fasciitis?

- An inflammation of the plantar fascia
 - First becomes irritated
 - Then becomes inflamed
- Result: Heel pain!



What Causes the Inflammation?

- Repetitive stress on the foot
 - Running
 - Other sports
 - Standing too much
- A change in activity level
- Wearing nonsupportive shoes on hard, flat surfaces



Symptoms of Plantar Fasciitis

- Pain on the bottom of the heel
- Some patients have pain in the arch
- Pain is usually worse upon arising
- Untreated pain increases over months



Pain That's Worse in the Morning

- Gets better with walking
 - Walking stretches the fascia
- Pain often returns



What Should You Do?

- Get a proper diagnosis
- Start a treatment plan



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A Treatment Plan for Your Heel Pain

The foot and ankle surgeon will:

- Evaluate your condition
- Develop a treatment plan



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Treatment Options for Plantar Fasciitis

- Nonsurgical strategies



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Nonsurgical Treatment: First-Line Strategies

- Shockwave Therapy
- Ice
- Stretching exercises
- Medication such as ibuprofen
- Modify your footwear
- Padding and strapping
- Modify activities
- Shoe inserts or custom orthotics



Second-Line Nonsurgical Options

- Night splint
- Platelet-rich plasma injection (PRP)



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How Long Does It Take To Get Relief?

- It can take weeks ... or months ... or longer



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Simple Strategies to Keep You Pain-Free

- Stretch your calf muscles
- Modify your activity
- Wear appropriate shoes
- Don't overdo it
- Seek help right away



The Right Footwear

- Most appropriate shoes:
 - Supportive
 - Slightly raised heels
- Avoid:
 - Going barefoot
 - Flip-flops, flats, moccasins, ballet slippers



Effective Relief Is Available for Heel Pain



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