Heel Pain
What You Need to Know
Most Common Heel Pain

A condition called Plantar Fasciitis
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
A Treatment Plan for Your Heel Pain

The foot and ankle surgeon will:

- Evaluate your condition
- Develop a treatment plan
Treatment Options for Plantar Fasciitis

- Nonsurgical strategies
Nonsurgical Treatment: First-Line Strategies

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

- Night splint
- Platelet-rich plasma injection (PRP)
How Long Does It Take To Get Relief?

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