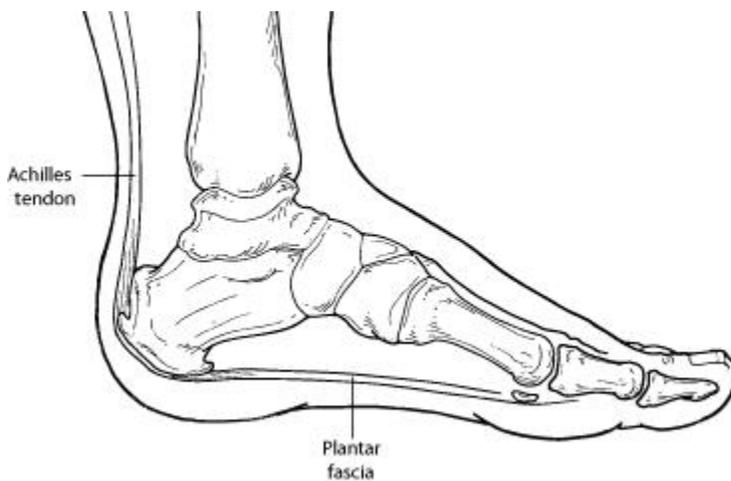


## Heel Pain

Heel pain is most often caused by plantar fasciitis -- a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, or nerve irritation. Because there are several potential causes, it is important to have heel pain properly diagnosed.

### What is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed—resulting in heel pain.



### **Symptoms of Plantar Fasciitis**

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia.

For some people the pain subsides but returns after spending long periods of time on their feet.

### **Causes of Plantar Fasciitis**

The most common cause of plantar fasciitis relates to faulty mechanics of the foot. For example, people who have problems with their arches—either overly flat feet or high-arched feet—are more prone to developing plantar fasciitis. People with tight Achilles tendons, also are more prone to develop plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when a person's job requires long hours on their feet. Obesity also contributes to plantar fasciitis.

## **Diagnosis**

To arrive at a diagnosis, Dr. Peterson will obtain your medical history and examine your foot. Throughout this process Dr. Peterson will rule out all the possible causes for your heel pain other than plantar fasciitis.

In addition, diagnostic imaging studies such as x-rays, a bone scan, or magnetic resonance imaging (MRI) may be used to distinguish the different types of heel pain. Sometimes heel spurs are found in patients with plantar fasciitis, but these are rarely a source of pain. When they are present, the condition may be diagnosed as plantar fasciitis/heel spur syndrome.

## **Treatment Options**

Treatment of plantar fasciitis begins with first-line strategies:

### **Stretching exercises, appropriate shoes, ice, medications, and activity modifications**

Dr. Peterson may also add one or more of these approaches:

### **Orthotic devices, injection therapy, walking boot, night splint, and physical therapy**

Although most patients with plantar fasciitis respond to non-surgical treatment, a small percentage of patients may require surgery. If, after several months of non-surgical treatment, you continue to have heel pain, surgery may be considered.

## **Long-Term Care**

No matter what kind of treatment you undergo for plantar fasciitis, the underlying causes that led to this condition may remain. Therefore, you will need to continue with preventive measures. Wearing supportive shoes, using custom orthotic devices and continuing stretching are the mainstay of long-term treatment for plantar fasciitis.