

PodiatryCare, P.C. *and the* Heel Pain Center

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Heel Pain

Plantar fasciitis is the most common cause of heel pain. Foot malfunction and malalignment can cause significant pulling and strain along a band of tissue on the bottom of the foot called the plantar fascia. Inflammation due to the pulling on the plantar fascia causes the heel pain associated with plantar fasciitis.

Symptoms

Heel pain at the attachment of the plantar fascia or along the arch of the foot. Pain is typically worse in the morning or after periods of inactivity.

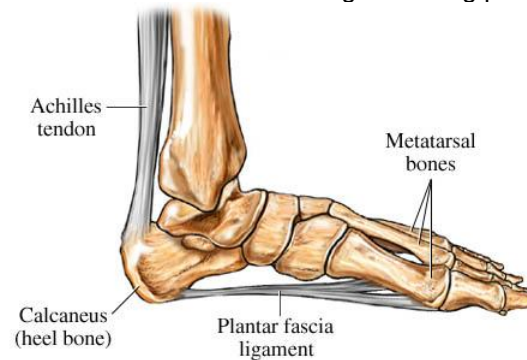
Causes

The most common cause of plantar fasciitis is tight calf muscles. The calf muscles, the gastrocnemius and soleus, and the plantar fascia all attach to the heel bone. When the calf muscles are too tight they put more strain on the plantar fascia and can cause it to become inflamed. Certain foot types, repetitive activities, and factors that put increased stress on the plantar fascia can also contribute to the problem.

Treatment

Initial treatments for plantar fasciitis may include a stretching program, physical therapy, oral anti-inflammatories, cortisone injection and the use of a night splint. If the pain is still present after utilizing these treatments, extracorporeal pulse activation treatment (EPAT) may be an option. This involves the utilization of sound waves to stimulate the body to heal the area. Orthotics may also be needed later on to prevent the heel pain from returning.

Surgery, although sometimes needed, can usually be avoided by the treatment plan that we use here at PodiatryCare. Surgery includes releasing the plantar fascia with the aid of an arthroscope. It is a quick, minimally invasive procedure that allows for immediate weight-bearing post-operatively.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/heel-pain.htm>

<http://orthopedics.about.com/od/footankle/a/fasciitis.htm>

<http://orthoinfo.aaos.org/topic.cfm?topic=a00149>