

Heel Pain

One may experience heel pain on the underside or sides of the heel. The most common cause of heel pain is plantar fasciitis, which is an inflammation of the plantar fascia; a thick band of tissue which connects your heel bone to your toes. Other causes of heel pain include the following:

- Achilles tendinopathy
- Haglund's deformity
- Rheumatoid arthritis
- Heel spur
- Stress fracture
- Bursitis
- Tarsal tunnel syndrome

Even though heel pain can be severe and sometimes disabling, it is rarely a health threat. Heel pain is typically mild and usually disappears on its own. However, in some cases, the pain may persist and occur repeatedly.

With proper treatment, patients with heel pain are generally able to continue their daily activities, resolve their pain and prevent reoccurrence through various means.

How is it treated?

Podiatrists are one of the healthcare professionals involved in the assessment and treatment of heel pain. Other medical and allied health disciplines that help in the care include orthopaedic doctors, sports medicine doctors, rheumatologists and physiotherapists.

What does Podiatry treatment involve?

The aim of intervention is to diagnose, treat and prevent future heel pain. Treatment may include supportive footwear, insoles and stretching and strengthening exercises. If conservative treatment fails, a referral to orthopaedic doctors can be arranged for electro-shockwave therapy, corticosteroid injection and/or surgical intervention.

Medical history will be taken at the first clinic visit, followed by clinical evaluations of the foot mechanism and function. Podiatrists aim to address the biomechanics of the foot and the underlying condition through conservative methods (footwear, insoles and exercises). Comprehensive treatment plans will be drawn out after discussions with the patient and/or their caregivers, taking into consideration their specific circumstances and preferences.

Useful websites

[Why do my heels hurt and what can I do about it?](#)