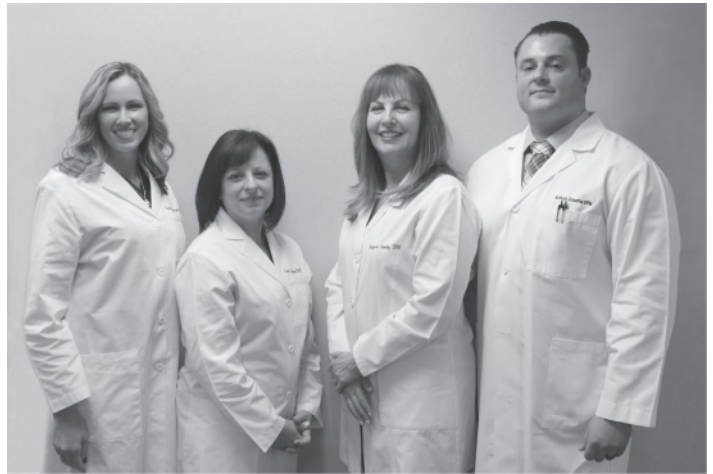


FOOTNOTES

*“Health Care Tips
On The Feet”*

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HEEL PAIN

Heel pain is a very common complaint among people with foot problems. The heel bone bears all the weight of the body with each step. The stress placed on this portion of the foot and its associated tissues is tremendous. If the stresses are abnormal due to either structural or positional deformities they can lead to heel pain. Some of these deformities include flat or high arched feet, a tight Achilles tendon, or abnormal muscle or ligament pull on the bottom of the foot.

In addition to poor foot function, heel pain may develop because of an increase in athletic activity and exercise, a recent weight gain of 10 pounds or more, wearing unsupportive shoes, or medical problems such as arthritis

or diabetes.

Heel spur or heel pain syndrome is the most common cause of heel pain. This is due to an inflammation of the soft tissue attaching to the heel bone. Taking x-rays may not show an actual spur, but will help evaluate the problem and rule out other causes of pain like stress fractures and arthritis.

Treatment of heel spur syndrome usually starts with wearing a shoe with proper support and an anti-inflammatory and/or a cortisone injection. Your podiatrist may recommend custom orthotics to control the abnormal stresses in your foot. If conservative treatment does not help your Podiatrist may recommend surgery to relieve the symptoms.

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