

## *Orthopaedic Connection*

### **When Your Feet Hurt.....**

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*Transforming patient information into patient understanding.*

Last week I had covered heel pain (which doctors call plantar fasciitis) up to the point of treatment. In case you missed class last week I suggest you go to the Gratiot County Herald archive and read the preceding article titled Foot Misery. O.K. Let's pick it up this week.

#### **Treatment of Heel Pain**

##### **Stretching**

The most important aspect of treatment has always been a good home based exercise program of stretching the plantar fascia and the Achilles tendon. It is important enough to have a Physical Therapist or PT assistant show you how to properly do these. Otherwise the exercise can't help you.

##### **Night Splint**

Many sufferers get additional relief from use of a foot and lower leg splint that holds your foot at a right angle at the ankle while you sleep. This aids the stretching program greatly.

##### **Heel Cushion**

An inexpensive silicone type heel cushioned pad (or cup) can do wonders if added to the above treatments. It is cheap and should not be overlooked. Custom orthotics are infrequently needed.

##### **Limit Certain Activities**

- Jogging
- Standing excessively

##### **Medication**

Motrin, Advil, Ibuprofen or similar might help.

##### **Lose Weight**

It can certainly ease strain on your feet, but very few people will do it.

##### **The Right Shoes**

Indoors or outdoors you need to wear cushioned footwear that provides good support at all times.

##### **If All Of This Doesn't Help**

Steroid injection can relieve pain and decrease inflammation, but the basic care outlined above is still necessary.

Surgery is infrequently needed and sometimes doesn't help.

Shock wave therapy is questionably effective.

##### **There is Hope**

A few final points:

- \* More than 95% of patients will heal with the non surgical measures I have covered.

\* Healing can take 2 – 6 months

\* It can take 1 month to begin to notice improvement so hang in there.

**Office Website and Gratiot County Herald Archive**

What if there was a whole world of musculoskeletal information at one place? There is!

[www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) opens up for you the office Website, Your Orthopaedic Connection and the Archive of all previous GCH articles I have written for you, your family and friends.

Please check it out. Do yourself a favor.

Be well.

Dr. Haverbush