

# Lakeview Community Wellness Center Orthopaedic Connection

## Heel Pain, Ouch!

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### *Transforming patient information into patient understanding.*

Anyone who has not had some foot pain at one time or another please raise your foot, uh, I mean raise your hand, sorry. I thought so, only two hands are raised. It comes from a wide variety of causes, but it is miserable because you can't get away from it. It is there with most every step.

I can't cover all the reasons for foot pain today, but I do plan to cover one of the most common ones. Heel pain.

Mostly it comes for no apparent reason.

### **Stone Bruise**

If there is a reason that you know, it may be from stepping down hard on an object such as a rock. Patients always call this a stone bruise. Maybe there is discoloration from the injury. Maybe there is none. If this is what caused your heel pain you are lucky. Why? Because if you rest the heel, the pain will gradually go away in several days.

### **Plantar Fasciitis**

This is a very common cause of heel pain. You didn't step on a rock; you didn't do a darn thing, but now your heel hurts. Say hi to "plantar fasciitis". It is the most common cause of foot pain affecting millions of people each year. Standing or walking is difficult because your heel hurts.

You'll notice it especially when you get out of bed and when you stand up after sitting for long periods.

### **What It Is**

What's happened is that the fascia, a very tough band of tissue that connects your heel bone (calcaneus) to the base of your toes has for some reason become inflamed.

It is most common in:

- Joggers
- Exercise walkers
- People with tight calf muscles limiting ankle flexion - extension
- Over weight
- Women more than men

### **Symptoms**

It begins with mild pain under the heel bone. Often you will feel the pain after you exercise, not during it. The pain can gradually worsen over days. Some people even have it at rest not just with weight bearing. The pain centers on the very bottom of the heel, usually to the inner side.

### **Good New, Bad News**

Good: 95% plus of people with this condition get rid of it without surgery.

Bad: it may take 6 months or more to get rid of it.

### **Heel Spur**

It looks like a bony projection from the heel on the under (plantar) side of the heel. It can't be felt, but is easy to see on x-ray.

Orthopaedic Surgeons know that as impressive as it can look on x-ray, it isn't the source of the pain. Why? Because people usually have the pain in one heel, not both. If I take an x-ray of the opposite good foot, I almost always see the same spur on the foot that doesn't hurt.

### **Doesn't Make Sense**

I know it doesn't make sense, but that is the way it is. It means that the spur itself is not the cause of your pain. Can't be. The good foot doesn't hurt. It has never hurt, but there is a big spur just like the painful foot.

Dang. Out of time again and I haven't even touched on treatment. Please come back and I will tell you what works best for me to make you better.

### **Lakeview Area News Archive and Office Website**

What if I told you that every article I have ever written for Lakeview Area News is instantly available to you on the office website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com)?

It is! Every article is listed by title in the archive from most recent back to the first. Click on the title and the whole article appears magically. These articles contain a huge amount of information you can use.

While you are at it, look over the website library of Orthopaedic articles as well as Your Orthopaedic Connection. These two sources have a huge amount of Orthopaedic information that can be useful to you, your family and friends. I urge you to check it out.

### **Orthopaedic Clinic**

I also hope you realize by now that I am at Lakeview Community Wellness Center every first and third Friday afternoons seeing patients.

You can simply call and make your own appointment. Call 989-463-6092 to make an appointment at the Lakeview Community Wellness Center Orthopaedic Clinic or at the office in Alma.

Approaching Clinic dates are Friday December 16, 2011 and January 6, 2012.

I am there for you. Call if you need me.

Our goal is simple - To help people return to more pain free,  
functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush