

Heel Pain



hpc
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Heel pain is a common complaint and there are a variety of conditions which can cause it. The most common ones are Plantar Fasciitis and Calcaneal Bursitis.

Plantar Fasciitis is an inflammation of the fascia on the sole of the foot which extends from the arch into the heel. When inflamed it can cause pain on weight bearing which will often resolve as the day goes on. If left untreated it can become a chronic condition and cause limitations on a person's activity level.

Calcaneal Bursitis is an inflammation of the bursa (a fluid filled fibrous sac) under the heel bone often caused by trauma or over use. The pain will often worsen as the day goes on and as the pressure on the heel increases.

Heel pain may be resolved by trying some of the following:

- If possible rest and avoid long walks or standing for prolonged periods of time.
- Avoid walking on hard ground.
- Increasing the heel height in footwear by 5-10mm.
- Use a heel cushion to reduce the pressure on the heel while walking.

Should the heel pain persist for longer than 3 weeks then specialist advice should be sought from a podiatrist to enable accurate diagnosis and treatment.

