

HEEL PAIN

Common causes of heel pain include: Plantar fasciitis, bursitis, heel pad degeneration, nerve entrapment, periostitis and sero negative arthritis.

Plantar fasciitis is the most common cause of heel pain; 11% to 15% of all foot concerns that leads to physician visit. The typical presentation of this pain is heel pain that occurs with first steps in the morning and after prolonged sitting. The pain can go from sharp in the morning to dull/achy throughout the day.

Common conditions associated with Plantar fasciitis include

Trauma	Prolonged Standing	Obesity
Middle age	Pes Cavus (high arch)	Unyielding running surfaces
Achilles tendon tightness	Pes Planus (Flat foot)	

TREATMENT

1. Conservative
2. Steroid Injection
3. Radio frequency therapy
4. Surgical

Based on my experience, conservative treatment works in over 70-80% of the time. Cornerstone to conservative treatment is rehabilitation exercise which could be done at home for very motivated patient or at a Physical Therapy Center for other patients. These rehabilitation exercises include towel stretch, standing calf stretch, plantar fascia stretch, resisted stretching using therabands, towel pickup, static and dynamic balance exercises and frozen can roll. The most important asset required in recovering from this bothersome condition is patience.

In my 13yrs of practice, I have only had to inject steroid in less than 20 cases and have never had to refer a patient for Radio frequency therapy or for surgical intervention.

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