

We Can Help You With



HIGH-ARCHED FEET



SENIOR FOOT CARE



TOENAIL
CONDITIONS



WOMEN'S
FOOT CARE



ACHILLES



BONE SPURS



FOOT & ANKLE PAIN



BUNIONS

SERVICES

- BUNIONS
- DIABETIC FOOT CARE
- FLAT FEET
- HAMMERTOES
- HEEL PAIN
- FOOT & ANKLE PAIN
- SENIOR FOOT CARE
- TOENAIL CONDITIONS
- BONE SPURS
- CHILDREN'S FOOT CARE

DO YOU SUFFER FROM

HEEL PAIN

CAUSES, TREATMENTS, PREVENTION

757-934-0768
WWW.1FOOT2FOOT.COM



1 Foot 2 Foot Presents

HEEL PAIN

causes, treatments & prevention

Heel pain is common and can be caused by several conditions. Your podiatrist will need details about your pain and will ask you questions to determine your cause. You will be asked about the pain itself, if it is better or worse at different times of the day. Your complete medical history will be evaluated, especially if you are diabetic or have been diagnosed with arthritis.

Your doctor also needs to be aware of any sports or exercise programs you participate in. The fit and style of your footwear will also be reviewed. Excessive wear in certain parts of the shoe can point to problems in how you walk and the alignment of your bones. X-rays and/or musculoskeletal ultrasound is often necessary for an accurate diagnosis.



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CAUSES OF HEEL PAIN

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PLANTAR FASCIITIS

Plantar Fasciitis causes severe heel pain that usually goes away as you start walking in the morning. Pain may return in the afternoon or evening.

BURSITIS

Bursitis causes pain in the underside of the heel that increases while standing. It can also cause pain while bending your foot.

ACHILLES TENDONITIS

Achilles Tendonitis is a common injury that causes pain at the back of the heel where the Achilles tendon attaches to the foot. It is often worse after exercise and can often be accompanied by swelling and soreness.

BONE BRUISE/STRESS FRACTURE

A bone bruise or contusion is caused by a direct injury from the impact of a hard object.

NERVE PAIN

Nerves either close to the heel bone or as far as the lower back can cause burning, tingling sensations to the heel.

HEEL SPURS

Heels spurs on the bottom of the foot rarely cause pain.

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HOW TO TREAT HEEL PAIN

causes, treatments & prevention

TREATMENT FOR SEVERE HEEL PAIN

Treating severe heel pain will vary depending on the cause of the pain. Initial treatment by your podiatrist will involve a thorough exam of your foot to determine what condition to begin treating. Treatment may begin conservatively with stretching exercises, footwear changes, splints, and ice. Most cases of foot pain are relieved with conservative treatment and surgery is usually not needed. If your condition is severe enough to require surgical intervention, your podiatrist will discuss the best procedure for your condition.

STEM CELL RECRUITMENT THERAPY

One option that is available is available and often covered by insurance is Stem Cell Recruitment Therapy. This is a revolutionary procedure that can relieve pain and restore healthy tissue. Stem cell recruitment therapy is used for acute or chronic pain and can improve your quality of life if you suffer from heel pain as well as arthritic conditions. An injection of amniotic fluid is administered under ultrasound guidance to ensure accurate placement. The procedure is done in-office and takes less than 15 minutes. You may feel improvement as quickly as 2-3 weeks after the injection with continued improvement over 2-3 months. Side effects are minimal, and a single injection is typically all that is needed to find effective relief.

SHOCKWAVE THERAPY (EPAT)

All 1Foot 2Foot offices are equipped with EPAT – a form a shockwave therapy to address acute and chronic heel pain caused by plantar fasciitis or Achilles tendonitis. This treatment carries a high success rate and no downtime. Treatment is given once a week for 3-4 weeks and results are typically seen after the first treatment. Though not covered by insurance, this treatment is cost-effective and can be paid for with a Health Savings or Flexible Spending Account if available.

AT HOME TREATMENTS FOR HEEL PAIN

If your heel pain is not severe, you may be able to find some relief with home care. Try the following:

ICE

Use an ice pack on your heel 3 times a day for 20 minutes. Take care to ensure the ice pack does not come into direct contact with your skin.

ARCH SUPPORTS

Be cautious of drugstore arch supports and those kiosks that claim to know which insole you need. These devices may offer cushion, but provide little in the way of support.

STRETCHING

Stretch your feet and ankles before getting out of bed and periodically throughout the day

CHANGE YOUR SHOES

If your shoes do not fit properly, you may find that you experience heel pain more often. Have your feet measured when you shop and choose shoes with good support. Ladies will often find relief wearing heels when suffering from heel pain, but moderation is key.

MEDICATIONS

Over the counter medications may provide some pain relief by reducing inflammation in your heel. Be sure to consult with your doctor or pharmacist to ensure that over the counter medications do not interact with your current medication regimen.

REST

Take some time off your feet. Avoid running and standing for long periods of time until your heel pain abates.

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HEEL PAIN PREVENTION

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WARM UP

Warm up properly before exercising. Your podiatrist can show you stretches for the fascia and the Achilles tendon that can help prevent injury and reinjury.

THE RIGHT SHOES MATTER

Make sure to wear the right shoes based on the activity you are engaging in.

TAKE YOUR TIME

Pace yourself during exercises to prevent injury and rest when needed.

PROPERLY FITTING SHOES

Wear shoes that fit properly. Your foot should be measured each time you purchase new footwear.

WEIGHT

Maintaining a healthy weight takes pressure off your feet and prevent foot pain.

SEEK HELP

Don't wait to seek help. The sooner you are seen and properly diagnosed, the quicker your recovery will be.

Do You Suffer From Heel Pain?

BOOK AN APPOINTMENT TODAY!

757-934-0768