

Special Report:

I Still Have Heel Pain

The Importance of Determining the True Cause of Your Heel Pain

Heel pain, whether it came on suddenly or has been bothering you for months, makes your every step painful. You may wince at the mere thought of getting out of your seat to make the seemingly long trip to the next room. Perhaps you have already been treated for heel pain, only to have it return or never really go away.

Heel pain is one of the more common—and painful—foot conditions our expert podiatrists treat.

The tricky thing about heel pain is that many of the causes of pain in the heel mimic each other. If your podiatrist does not identify the correct problem, he could be wasting your time and your money; worst of all, he could be doing more harm than good. This is why it is so important that you take the time to find the best Wauwatosa foot doctor to diagnose and treat your heel pain.

The following list gives you an idea of the most common causes of heel pain. As you can see, the conditions that cause severe pain in the heel are numerous and often accompany one another, making a correct diagnosis difficult for all but the most experienced podiatrists.

Common causes of heel pain include:

- **Heel spurs.** Heel spurs occur at the point where the ligaments that run along the bottom of the foot connect to the heel bone. When this ligament is repeatedly stressed or strained, it causes the body to form a protective bony growth, commonly known as a heel spur.
- **Plantar fasciitis.** This condition also deals with injury or stress to the band of ligaments that run along the bottom of the foot. Here, the ligaments begin to stretch and tear, causing them to become inflamed. This condition can accompany heel spurs and is highly painful.
- **Bursitis.** A soft tissue growth on the heel is known as a bursitis. This growth is often a sac of fluid or a neuroma. This condition is often mistaken for a heel spur.
- **Excessive pronation.** When flat arches and ankles that sag toward each other affect your gait, a lot of strain is put on the ligaments in your foot. This strain can cause them to become painfully inflamed.

Call 414-257-0676 to schedule your appointment today!

www.MilwaukeeFoot.com

- **Achilles tendonitis.** Pain at the back of the heel, rather than the underside, is usually caused by a form of Achilles tendonitis. This condition is caused by a tearing along the tendon and can be excruciatingly painful.
- **Bone bruise.** The heel bone can become bruised if your heel strikes something hard, such as a rock, a child's toy, or other object.
- **Rheumatoid arthritis.** Both rheumatoid arthritis and gout can cause pain in the feet, including the big toe and heel.

Heel Pain Treatment Stretching Exercises

Heel pain can be insufferable. Just think how hard life could be if every single step you take hurts! For some people, this is exactly the case. Heel pain can put a stop to our ability to exercise, wear the shoes we want, go to work, and even get out of bed in the morning. There is no need to fear, there are many steps that you can take to lead to relief from this aggravation.

Usually, heel pain is related to a problem called Plantar Fasciitis. Plantar Fasciitis describes an inflammation of the thick fibrous band that connects your heel bone (the calcaneus) to each of your toes on the bottom, or "plantar", surface of your foot. This can be the result of many other problems such as heel spurs, or tight calf muscles causing a tight Achilles tendon.

Enough about what it is, how can we fix it? Luckily, almost every case of Plantar Fasciitis can be helped conservatively (or non-surgically). Traditionally, the first step towards relief lies in the use of a stretching regimen, along side non-steroidal anti-inflammatory medications like aspirin and ibuprofen. However, if these steps don't work, your podiatrist may suggest specific physical therapy treatment, the use of a night splint to help you stretch while you sleep, an orthotic shoe insole, or even a small injection. Then, and only if these methods fail - your doctor may suggest surgical intervention to help relieve the stress on your plantar fascia.

If you find yourself walking on heels that hurt, if you wake up each morning fearing your first steps, or if each workout leaves you aching, set up an appointment to see your local podiatrist today. Heel pain can be helped in a variety of ways that almost always lead to a happier foot.

Taking a Step in the Right Direction

At Milwaukee Foot & Ankle Specialists we want to stop your heel pain now. In order to do so, our podiatrists take the time to listen to our patients. Too often you have been rushed by a doctor and made to feel as if your input, your wishes, and your concerns did not matter.

Call 414-257-0676 to schedule your appointment today!

www.MilwaukeeFoot.com

At the Milwaukee Foot Specialists we take the time not only to listen to what you have to say, but to explain the diagnostic tools we use, the specifics of your condition, and the available treatment options. To our podiatrists you are more than a patient, you are a member of our team. You are a key part of the decisions we make regarding the best treatment for *your well-being*. At our Milwaukee area podiatry offices, individualized care is not just a lofty ideal; it's the way we operate.

Our compassion, combined with our knowledge and use of the most current treatment options available, makes the Milwaukee Foot Specialists the premiere podiatry office in Milwaukee. But don't take our word for it:

I had suffered with pain in my heels for several years. Several attempts were made at curing the problem, but nothing seemed to work. Finally, Dr. Milkie recommended a new non-surgical technique, which worked wonders. My foot pain is completely gone. Thank you, Dr. Milkie, for recommending this treatment to me.

Laurie W., Milwaukee, WI

To make an appointment at any of our four conveniently located offices, call **414-257-0676** today.

Call 414-257-0676 to schedule your appointment today!
www.MilwaukeeFoot.com