

Foot and Heel Pain

Causes, Symptoms and Management

Plantar Fasciitis

Plantar Fasciitis is one of the most common causes of foot and heel pain due to irritation and inflammation of tight tissue that forms the arch of the foot.

Symptoms:

- Pain/tenderness under the heel
- Severe pain & inability to walk after sleeping
- Severe pain & inability to walk after sitting long time
- Pain gets better after taking a few steps
- Worsening pain after prolonged standing/walking

Achilles' Tendinitis/Retrocalcaneal Bursitis

Achilles' Tendinitis/Retrocalcaneal Bursitis is due to posterior heel pain that is behind the heel rather than underneath.

Symptoms:

- Pain behind heel
- Severe pain & inability to walk after sleeping
- Pain gets better after taking a few steps
- Tenderness/pain on back of heel when pressed
- Bony or firm hard swelling on back side of heel
- X-ray may show bone spur – but it may not be cause of any symptoms

Treatments

Consult your doctor for the right treatment for you.

- Rest
- Shoe inserts
- Weight reduction
- Exercises and stretches
- Injection therapy
- Ice packs
- Surgery
- Anti-inflammatory medications

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