

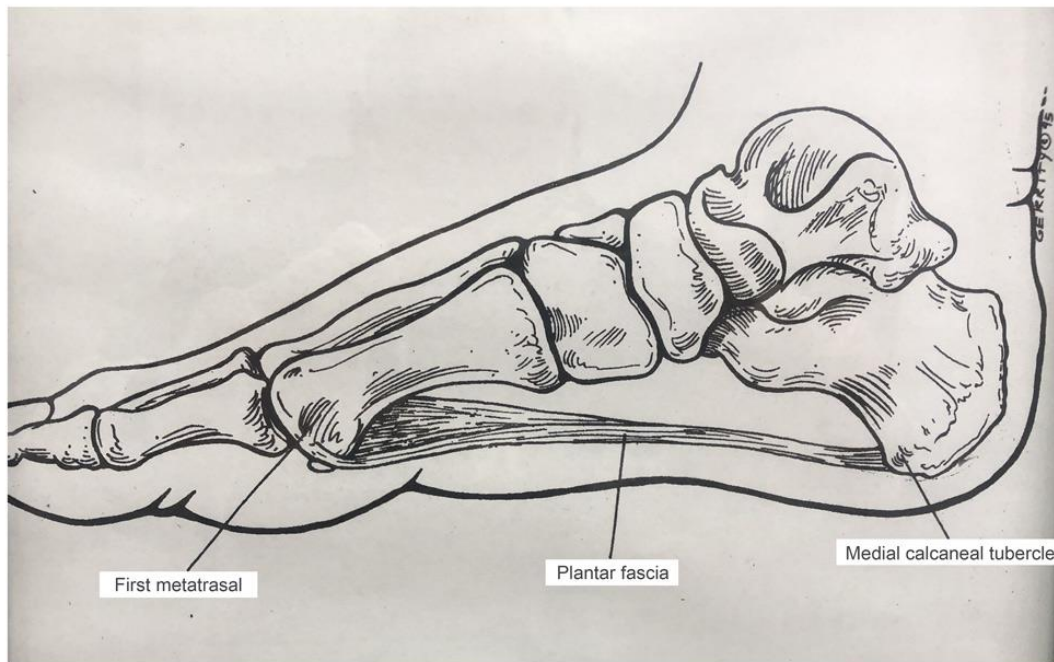
ASHEVILLE PODIATRY ASSOCIATES, PA

Doctors Park, Suite 5A
417 Biltmore Avenue
Asheville, North Carolina 28801
Telephone (828) 252-9424

Dr. Douglas Milch

Dr. Debra Wright

Information About Heel Pain



Does your heel hurt when you first get out of bed so that you have to limp to the bathroom?

Does your heel hurt after you've been sitting or driving for a while and get up or out of the car?

Does it hurt more the morning after you had a really active day on your feet the day before?

Chances are that you have a heel spur or plantar fasciitis (fah she i tis).

The cause of heel pain on the bottom of the foot usually has to do with the plantar fascia. It is a big broad ligament that goes from the bottom of the heel, along the arch, and it inserts into the ball of the foot. It is the bottom of the

arch, and it is elastic such that when there is weight on the foot and the arch flattens, it pulls.

If the plantar fascia is tight or the foot flattens out too much, there is excessive pull on the fascia and it becomes inflamed causing pain. Sometimes the pain is in the heel where the fascia attaches and sometimes pain is in the arch.

There are other causes of heel pain, but the most common cause is plantar fasciitis.

The diagnosis of plantar fasciitis is made by taking a thorough history from the patient, examination of the feet and legs including gait evaluation, palpating the foot, and X-ray examination.

There are many conservative treatments that can be done to treat plantar fasciitis and non-surgical care is usually successful in treating plantar fasciitis. You don't have to limp around with heel and arch pain.