



Heel Pain

Heel pain is a common condition in which when weight bearing, such as just standing with your heel to the ground causes extreme discomfort.



Podiatry & Foot Healthcare

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What causes Heel Pain?

Heel pain is a common occurrence and in most cases the pain is caused by some form of mechanical trauma caused by small repetitive injuries that occur at a rate faster than the body can heal them.

Heel pain can also be caused by lower back problems or inflammatory joint conditions.

There are two different categories of heel pain. The first is caused by overuse and repetitive stress which refers to a soreness resulting from too much impact on a specific area of the foot. This condition, often referred to as “heel pain syndrome,” can be caused by shoes with heels that are too low, a thinned out fat pad in the heel area, or from a sudden increase in activity. Plantar fasciitis, a very common diagnosis of heel pain, is usually caused from a bio-mechanical problem, such as over-pronation (fallen arches & subsequent twisting of the foot).

Treatment and Prevention of Heel Pain

If you experience heel pain, some simple self-care measures include:

- Avoid wearing ill-fitting or uncomfortable shoes
- Wear shoes with good heel cushioning and effective arch support
- Avoid walking or exercising on hard ground
- Rest regularly and try not to walk or run excessively
- Wear a raised heel (no more than 6-10 mm higher than normal)
- Losing weight if you are overweight

To properly treat heel pain, you must absorb shock, provide cushioning and elevate the heel to transfer pressure. Footwear selection is also an important criteria when treating heel pain.

Shoes with a firm heel counter, good arch support, and appropriate heel height are the ideal choice.



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The general information provided here does not constitute medical advice. You should consult with a suitably qualified foot health care clinician. Please contact your nearest *We Fix Feet* clinic to book your consultation.