



Heel Spur

The heel bone is the largest bone in the foot and absorbs the most amount of shock and pressure. A heel spur develops as an abnormal growth of the heel bone. Calcium deposits form when the plantar fascia pulls away from the heel area, causing a bony protrusion, or heel spur to develop.

Heel spurs can cause extreme pain in the rear-foot, especially while standing or walking.

Heel spurs at the back of the heel are frequently associated with inflammation of the Achilles tendon (tendinitis) and cause tenderness and pain at the back of the heel made worse while pushing off the ball of the foot.



Podiatry & Foot Healthcare

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What causes Heel Spurs?

This condition can be caused in various ways including extensive running/walking/standing for long periods of time, especially when you are not used to it as well as a sedentary lifestyle. In particular, a change of surface (eg. road to track), poor shoe support, being overweight, overuse or sudden stretching of your sole as well as a tight Achilles tendon can lead to this condition.

Heel spurs develop as an abnormal growth in the heel bone due to calcium deposits that form when the plantar fascia pulls away from the heel. This stretching of the plantar fascia is usually the result of over-pronation (fallen arches and twisted foot), but people with unusually high arches (pes cavus) can also develop heel spurs. It can be caused in various ways including extensive running, walking or standing for long periods of time, especially when you are not used to it with a sedentary lifestyle. In particular, a change of surface (eg. road to track), poor shoe support, being overweight, overuse or sudden stretching of your sole as well as a tight Achilles tendon can lead to this condition. Women have a significantly higher incidence of heel spurs due to the types of footwear often worn on a regular basis.

Treatment and Prevention of Heel Spurs

Treatment for heel spurs can take many forms, from resting your foot as much as possible, stretching exercises and deep heat therapy to steroid injections and even medication or surgery to release the tight tissue 'band'. In some cases, padding and strapping is applied to alter the direction of stretch of the ligament to alleviate symptoms in the short-term.

However, for the long-term, special insoles (orthoses) are prescribed to help the feet to function more effectively and help to make any possible recurrence less likely.

Heel cradles and heel cups provide extra comfort and cushion to the heel, and reduce the amount of shock and shear forces experienced from everyday activities.



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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.