



# SOUTHERN OHIO FOOT & ANKLE

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OH MY ACHING HEEL !

ISSUE 3

**DID YOU KNOW?**  
THE HEEL BONE IS THE LARGEST OF 26 BONES IN THE HUMAN FOOT, WHICH ALSO HAS 33 JOINTS AND A NETWORK OF MORE THAN 100 TENDONS, MUSCLES, AND LIGAMENTS!



PLANTAR FASCIITIS (HEEL PAIN) IS A COMMON PROBLEM AMONG PEOPLE WHO ARE ACTIVE. IT STARTS AS A DULL INTERMITTENT PAIN IN THE HEEL WHICH MAY PROGRESS TO A SHARP PERSISTENT PAIN. CLASSICALLY IT IS WORSE IN THE MORNING WITH THE FIRST FEW STEPS, AFTER SITTING, AND AFTER STANDING OR WALKING. THE PLANTAR FASCIA IS A THICK FIBROUS LIGAMENT ON THE BOTTOM OF THE FOOT. IT IS ATTACHED TO THE HEEL BONE (CALCANEUS), FANS FORWARD TOWARD THE TOES, AND ACTS LIKE A BOWSTRING TO HELP MAINTAIN THE ARCH OF THE FOOT. THE PROBLEM OCCURS WHEN PART OF THIS INFLEXIBLE FASCIA IS REPEATEDLY PLACED UNDER TENSION. TENSION CAUSES AN OVERLOAD THAT PRODUCES AN INFLAMMATION, USUALLY AT THE POINT WHERE THE FASCIA IS ATTACHED TO THE HEEL BONE. THE RESULT IS PAIN! THE PROBLEM MAY PROGRESS RAPIDLY, AND TREATMENT MUST BE STARTED AS SOON AS POSSIBLE.

## APMA FOOT HEALTH QUIZ

### TRUE FALSE QUIZ ON PLANTAR FASCIITIS

- 1.) PEOPLE WITH HEEL PAIN CAN EXPERIENCE IT FIRST THING IN THE MORNING? (TRUE)  
PLANTAR FASCIITIS (HEEL PAIN) CAN RESULT FROM INFLAMMATION OF THE TISSUE UNDER THE HEEL, WHICH CAN BECOME MORE PAINFUL AFTER RESTING.
- 2.) HEEL PAIN IS DIRECTLY RELATED TO BODY WEIGHT? (FALSE)  
HEEL PAIN CAN BE AGGRAVATED BY WEIGHT, BUT THE CAUSE IS A MECHANICAL RELATIONSHIP OF THE FOOT STRUCTURE AND WALKING. THE LONG BAND OF CONNECTIVE TISSUE RUNNING FROM THE HEEL TO THE BALL OF THE FOOT BECOMES INFLAMED WHICH CAUSES THE BOTTOM OF THE HEEL AND THE ARCH TO BECOME PAINFUL.
- 3.) PREGNANCY WILL CAUSE HEEL PAIN? (FALSE)  
THERE IS NO EVIDENCE THAT PREGNANCY CAUSES HEEL PAIN, BUT IT CAN BE AN AGGRAVATING FACTOR. THE EXCESSIVE WEIGHT GAIN AND SWELLING, WHICH CAUSES LIGAMENTS IN THE BODY (INCLUDING THE FEET) TO RELAX, COULD LEAD TO INGROWN NAILS AND MECHANICAL PROBLEMS SUCH AS TENDONITIS, BUNIONS, AND OTHER INFLAMMATORY CONDITIONS.
- 4.) OVER-THE-COUNTER MEDICATIONS AND HEEL PADS CAN RELIEVE HEEL PAIN? (TRUE)  
ANTHINFLAMMATORY MEDICATIONS CAN REDUCE THE PAIN CAUSED BY INFLAMMATION, AND OVER-THE-COUNTER ARCH SUPPORTS CAN SUPPORT THE PLANTAR FASCIAL LIGAMENT. WHEN THESE ITEMS ARE NOT EFFECTIVE, A PODIATRIST SHOULD BE CONSULTED.
- 5.) SHOES CAN CAUSE HEEL PAIN? (TRUE)  
SHOES THAT FAIL TO GIVE ADEQUATE SUPPORT TO THE FOOT CAN INCREASE STRAIN ON THE PLANTAR FASCIAL LIGAMENT RESULTING IN INJURY AND PAIN.
- 6.) IF YOU HAVE HEEL PAIN FOR MORE THAN A MONTH YOU SHOULD SEE A PODIATRIST? (TRUE)  
FOOT PAIN IS NOT NORMAL. IF AFTER CHANGING SHOES, REDUCING ACTIVITY, TAKING ANTHINFLAMMATORY MEDICATIONS, AND TRYING OVER-THE-COUNTER ARCH SUPPORTS, IF THE HEEL PAIN HAS NOT IMPROVED CONSULT A PODIATRIST.



\*SOURCE: [HTTP://WWW.APMA.ORG](http://www.apma.org)



# DECEMBER FOOTFALLS



HEEL PAIN AND HOLIDAY SHOPPING JUST DON'T MIX! IF YOU PLAN AHEAD, YOU CAN AVOID AGGRAVATING AN ALREADY PAINFUL HEEL. TRY THESE SIMPLE TIPS BEFORE SHOPPING:

- GET A GOOD NIGHTS REST.
- EAT A HEALTHY MEAL BEFORE YOU GO.
- DRINK PLENTY OF FLUIDS.
- STRETCH EACH FOOT AND ACHILLES TENDON BEFORE PUTTING ON SHOES.
- WEAR COMFORTABLE SHOES. NEVER WEAR HIGH HEELS OR POINTED TOE SHOES.
- CALL STORES AHEAD AND ASK THEIR BUSIEST TIMES. YOU MAY BE ABLE TO AVOID STANDING IN LINE.
- PACE YOURSELF. TAKE FREQUENT BREAKS, ESPECIALLY IF YOUR FEET AND HEELS START TO ACHE.
- RIDE ESCALATORS AND ELEVATORS IF AVAILABLE.
- DON'T OVERDO! IF YOUR FEET AND HEELS BECOME TOO PAINFUL, STOP SHOPPING FOR THE DAY.



## HEEL PAIN AND CHILDREN

**DID YOU KNOW?**  
**EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT) , A NON-INVASIVE PROCEDURE PERFORMED ON AN OUT-PATIENT BASIS FOR CHRONIC HEEL PAIN, IS NOW AVAILABLE IN CHILLICOTHE!**

**CHILDREN ALSO SUFFER FROM HEEL PAIN, BUT FOR VERY DIFFERENT REASONS THAN ADULTS. BECAUSE OF A CHILD'S ACTIVITY LEVEL, RUNNING, JUMPING AND SKIPPING CAN INFLAME THE GROWTH CENTERS OF THE HEEL. THE MORE ACTIVE A CHILD IS, THE MORE LIKELY THEY WILL SUFFER HEEL PAIN. AS THE CHILD GROWS AND THE BONES MATURE, THE PROBLEM USUALLY DISAPPEARS AND DOES NOT RECUR.**

**THE TYPICAL AGE GROUP FOR HEEL PAIN IN CHILDREN IS FROM 8 TO 13. IF YOUR CHILD SUFFERS FROM THIS CONDITION, PLEASE CONSULT A PODIATRIST.**

**PODIATRIC CARE CAN PROTECT THE GROWING BONE AND PROVIDE PAIN RELIEF.**

**ONE MORE MENTIONABLE-HEEL SPURS VERY RARELY DEVELOP IN CHILDREN.**



DR. BOYLE AND DR. GRAHAM ARE ACCEPTING NEW PATIENTS. IF YOU SUFFER FROM PERSISTENT HEEL PAIN, PLEASE CALL OUR OFFICE AT 740-775-7800 TO SCHEDULE AN APPOINTMENT.

