

About Comfeet

Comfeet 's mission is to provide high quality patient centered Podiatry education and service in a timely, cost effective way for all our clients and persons affiliated with the clinic. We provide a professional, supportive, friendly, warm service in a comfortable environment, with over 30 years practicing podiatry.



Comfeet footcare clinic

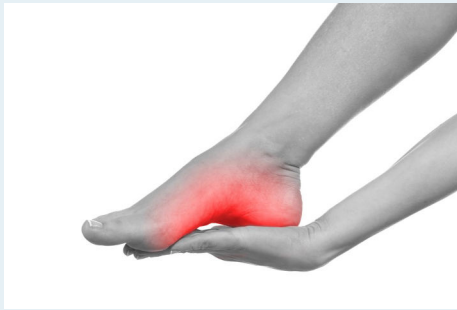
Mars House
#13 Pine Road
St. Michael

Phone: 246 436 6030 Fax: 246 436 9775
E-mail: info@comfeet.net
Website: www.comfeet.net

Heel and Arch pain



COMFORT WITH EVERY STEP



Heel pain may be caused by a number of different problems; for effective treatment you need to know the cause.

This can occur in persons of all ages.

Why do people get heel pain?

The heel is a highly specialised part of the body designed to absorb the shock of walking and running.

When walking the stresses placed on your feet can be one and a quarter ($1\frac{1}{4}$) times your body weight and, during your lifetime, you could walk the equivalent of four times around the world.

These stresses can increase to two and three quarter ($2\frac{3}{4}$) times your body weight when running. It is therefore not surprising that heel pain is a common occurrence.

What could cause heel pain?

The following are some of the more common types of heel pain. This list however, is not exhaustive but may help you appreciate the complexity of heel pain and why specialist advice can be helpful.

Plantar Fasciitis :- probably the most common, noticed especially on mornings after getting out of bed and feeling of a pulling in the arch is usually noticed.

Tarsal Tunnel Syndrome - burning and tingling at the bottom of the foot, with the occasional numbness.. Caused by compression of the tibial nerve.

Calcaneal Bursitis—a fluid filled sac of fluid that occurs under the heel. Pain is usually felt in the area under the heel bone, and worsens as the day progresses.

Chronic Inflammation of the Heel Pad - Occurs due to heavy heel strikes and pain is noted night and day especially after lots of walking and standing

Stress Fracture—more likely after an injury/fall.

Severs Disease—Affects children between the age of 6 and 12 years of age. Occurs during the growth process due to lack of blood supply to the bone. It usually resolves on its own but can be very painful and may require pain relief with use of inserts or therapy.

Achilles Tendonitis—Usually occurs due to excess tension on the tendon causing micro tears, this causes swelling and pain and without alleviation of the pressures it persists.

If I experience heel pain what should I do?

Simple self-care measures that can sometimes help with heel pain •If the pain is associated with a particular shoe, avoid wearing those shoes for a while

•Avoid walking on hard ground

•Rest if possible, or maybe do not walk so fast

•Wear a slightly raised heel, only 6-10mm higher than normally worn

•Use a heel cushion to reduce the pressures on your heel when walking – most pharmacies stock these .

If the pain persists for more than three weeks consider seeking professional advice. It maybe more than a temporary injury.

