

WHAT IS A HEEL SPUR?

A HEEL SPUR COINCIDES WITH THE PAIN INFLECTING CONDITION: PLANTAR FASCIITIS WHICH AFFECTS THE LIGAMENT-TYPE STRUCTURE IN THE SOLE OF THE FOOT THAT USUALLY CAUSE PAIN IN THE HEEL AND/OR ARCH. THE PLANTAR FASCIA BECOMES INFLAMED AND IRRITATED SOMETIMES HAVE SMALL TEARS IN THE LIGAMENT BELLY (ARCH) OR WHERE IT ATTACHES IN TO THE HEEL BONE. HEEL SPURS MAYBE PRESENT, BUT THESE ARE NOT THE CAUSE OF HEEL PAIN. "HEEL SPURS" IS A MISLEADING DIAGNOSIS THAT HAS BEEN USED OVER 30 YEARS AGO. THE HEEL SPURS DON'T CAUSE THE PAIN, BUT THE INFLAMMATION OF THE PLANTAR FASCIA ATTACHING THE SPUR, DOES.

PLANTAR FASCIITIS IS OFTEN DESCRIBED AS THE FEELING OF A STONE BRUISE UNDERNEATH THE HEEL AND FLUCTUATES BETWEEN ACUTE SHARPNESS TO A CONSTANT ACHE. IT USUALLY CAUSES PAIN IN THE FIRST FEW STEPS IN THE MORNING AND MAYBE LATER IN THE AFTERNOON OR EVENING.



STAGES OF PLANTAR FASCIITIS

THE EARLIER IT IS TREATED THE EASIER AND FASTER IT WILL RESOLVE AND AVOID SURGERY. THERE IS A GOOD CHANCE PRESCRIBED EXERCISES AND ICING MAY RESOLVE MILD PLANTAR FASCIITIS LIKE IN OUR 5 STEP HEEL PAIN RELIEF REGIME. HOWEVER, MANY PEOPLE WILL IGNORE THE EARLY SYMPTOMS IN THE HOPE THAT THE TIGHTNESS AND THE DULL ACHE IN THE HEEL WILL GO AWAY. MODERATE AND SEVERE PLANTAR FASCIITIS REQUIRES AN ASSESSMENT AT OUR CLINIC. IF THERE IS A PARTIAL OR COMPLETE RUPTURE IN SEVERE CASES YOU MAY REQUIRE SURGERY.

MILD PLANTAR FASCIITIS:

- FEELS LIKE A BRUISE UNDER THE HEEL
- DULL ACHE IN THE HEEL
- ACHE IN AFTERNOONS OR AFTER THEY HAVE BEEN ON THEIR FEET FOR LONG PERIODS.

- TIGHTNESS IN THE ARCH OF THE FOOT
- PAIN IS INTERMITTENT AND MAY NOT BE EVERY MORNING OR AFTERNOON

MODERATE PLANTAR FASCIITIS:

- RATHER THAN FEELING TIGHT IT IS REAL PAIN
- EVERY MORNING THERE IS PAIN
- MORNING PAIN SUBSIDES AFTER 1-5 MINUTES
- PAIN AFTER SITTING DOWN AND GETTING UP
- DEPENDING ON ACTIVITY PAIN MAY BE EVIDENT BY LUNCHTIME

SEVERE PLANTAR FASCIITIS:

- EXCRUCIATING PAIN FOR MOST OF THE DAY
- THROBBING, SHOOTING AND STABBING SENSATIONS AT REST
- POSSIBLE TEAR OR RUPTURE OF THE PLANTAR FASCIA WHICH MAY REQUIRE SURGERY



PLANTAR FASCIITIS CAUSES

CONTRIBUTING FACTORS FOR PLANTAR FASCIITIS ARE:

- TIGHT CALF MUSCLES
- POOR FOOT FUNCTION, PARTICULARLY FLAT FEET

- RECENT INCREASE IN BODY WEIGHT
- POOR/SOFT FOOTWEAR,
- SUDDEN INCREASE IN SPORTING ACTIVITY OR POOR TRAINING METHODS/TECHNIQUE

AT **HEEL PAIN CLINICS OF ADELAIDE** WE HAVE OUR **HEAL YOUR HEEL SYSTEM** WHICH TREATS THE UNDERLYING FACTORS WHICH LEAD TO STRESS AND STRAIN OF THE PLANTAR FASCIA.

THE **HEAL YOUR HEEL SYSTEM** COMPRISES OF THREE COMPONENTS:

1. 5 STEP HEEL PAIN RELIEF REGIME
2. EXTRACORPORAL SHOCKWAVE THERAPY
3. ADDRESSING BIOMECHANICS

IF YOU HAVE PLANTAR FASCIITIS AND THERE IS NO RUPTURE THIS HAS BEEN CLINICALLY PROVEN TO HAVE A 97% SUCCESS RATE*.

DUE TO THE HIGH SUCCESS RATE OF THE HEAL YOUR HEEL SYSTEM WE GIVE YOUR MONEY BACK IF IT IS UNSUCCESSFUL.

***THESE JOURNAL ARTICLES CAN BE PROVIDED UPON REQUEST AFTER YOUR INITIAL GAP FREE ASSESSMENT**