

FRANCE-SHELTON FOOT HEALTH CENTRE

Treatment for Heel Pain

Initial Conservative Treatment

For the typical heel pain located on the bottom of the heel (near the back of the arch), a highly specialized strapping and padding can be placed on the foot during your first visit. This alters the angle of pull of the ligament-like plantar fascia against the heel bone. Short-term relief is often provided by this alone or in combination with other measures to reduce the inflammation.

For heel pain in pre-adolescent patients, initial treatment is initially directed toward protecting the junction of the bottom and back of the heel. This is where the growth plate of the heel bone is located. This treatment may take the form of a simple cushioning device that slips into the back of the shoe and “cups” the heel to add cushioning and decrease direct walking/running trauma to the area.

Cortisone injections

If the pain and inflammation is not significantly improved by the strapping and padding (with or without oral anti-inflammatory medication), it may be necessary to have one or more cortisone injections in the heel. This is best approached from the side of the heel nearest the arch, rather than from the bottom (which causes far more discomfort than the side approach). This is generally used for adult patients only and is not indicated for the type of heel pain experienced by pre-adolescents.

Long-term Treatment

If you experience a significant amount of relief from the initial strapping and padding (with or without oral anti-inflammatory medication or cortisone injections), this may be repeated. Once the acute inflammation is brought under control, the best long-term treatment for this form of heel pain involves wearing custom-made orthotic shoe inserts. You can anticipate that these will provide you with at least as much relief as the strapping and padding did—without the inconvenience of having something strapped to your foot.

In pre-adolescents with noted biomechanical abnormality, appropriate orthotics may be recommended for use during all physical education and sport participation.

Custom-made orthotics must be based on a complete biomechanical assessment with a thorough gait analysis (we use digital video gait analysis). To learn more about this, [click here](#). Then, a plaster of Paris cast impression of your feet (held in their neutral functional position) is taken and sent to a laboratory that specializes in fabricating custom-made orthotic devices. For more information on this, [click here](#).

Make an appointment to get the treatment you need - Call 0121 384 3244

Your foot comfort is our business...our only business!

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