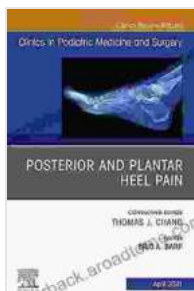


Posterior and Plantar Heel Pain: An Issue of Clinics in Podiatric Medicine and Surgery

Posterior and plantar heel pain are common complaints that affect individuals of all ages and activity levels. This comprehensive guide, published as an issue of Clinics in Podiatric Medicine and Surgery, provides podiatric physicians with an evidence-based overview of the causes, diagnosis, and treatment of these conditions.

Causes

There are numerous potential causes of posterior and plantar heel pain, including:



Posterior and plantar heel pain, An Issue of Clinics in Podiatric Medicine and Surgery, E-Book (The Clinics: Orthopedics 38)

★★★★★ 5 out of 5

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- Heel spur: A bony growth that forms on the back of the heel bone
- Plantar fasciitis: Inflammation of the thick band of tissue that runs along the bottom of the foot

- Achilles tendinitis: Inflammation of the tendon that connects the calf muscles to the heel bone
- Nerve entrapment: Compression of a nerve in the heel area
- Stress fracture: A small crack in the heel bone
- Overuse: Excessive activity or repetitive movements that put stress on the heel
- Obesity: Excess weight can increase pressure on the heel
- Improper footwear: Wearing shoes that do not provide adequate support or cushioning

Diagnosis

A thorough medical history and physical examination are essential for diagnosing posterior and plantar heel pain. Your podiatrist will ask about your symptoms, when they started, and what makes them worse or better. They will also examine your foot and ankle, paying close attention to the heel area. X-rays or other imaging tests may be Free Downloaded to confirm the diagnosis.

Treatment

The treatment for posterior and plantar heel pain depends on the underlying cause. Common treatment options include:

- Rest: Avoiding activities that aggravate the pain
- Ice: Applying ice packs to the heel to reduce pain and swelling
- Compression: Wearing a compression bandage or brace to support the heel

- Elevation: Keeping the heel elevated above the heart to reduce swelling
- Medication: Taking over-the-counter pain relievers or anti-inflammatory medications
- Physical therapy: Performing exercises to strengthen the muscles and improve flexibility in the heel area
- Orthotics: Wearing custom-made shoe inserts to support the foot and correct biomechanical abnormalities
- Injections: In some cases, your podiatrist may inject corticosteroids or other medications into the heel to reduce pain and inflammation
- Surgery: In rare cases, surgery may be necessary to remove a heel spur or repair a torn tendon

Posterior and plantar heel pain can be a debilitating condition, but it can be effectively managed with proper diagnosis and treatment. This comprehensive guide provides podiatric physicians with the latest advancements in the diagnosis and treatment of these conditions, enabling them to provide the best possible care for their patients.

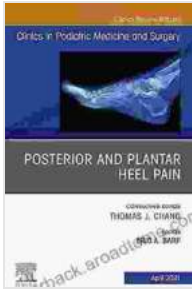
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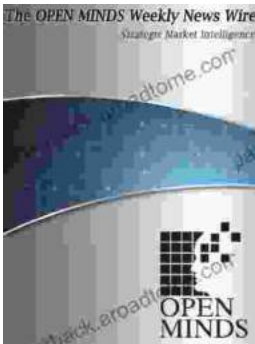
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