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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

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Heel Pain

Heel Bursitis/ Calcaneal Bursitis

Helping people to be
the best they can be

Heel Bursitis

What is Heel Pain?

The heel is a specialised part of the body designed to absorb the impact of your body weight when walking, running or undertaking any other form of physical exertion or weight-bearing exercise. When pain does develop, it can be very disabling, making every step a problem, which in turn affects your overall posture.

What is heel bursitis?

This is an inflammation of a bursa (a fluid-filled fibrous sac) under the heel bone where the pain is typically in the centre of the heel and significantly worsens during the day.

What causes the problem?

Heel pain is a common occurrence and in most cases the pain is caused by some form of mechanical injury caused by small repetitive injuries that occur at a rate faster than the body can heal them.

Who is affected?

Heel pain can affect everyone, whatever your age, but those more commonly affected include those in middle age (over 40s age group), those who are overweight or stand for long periods of time, as well as athletes.

What are the symptoms?

Pain can be felt at the back of the heel when the ankle joint is moved and there may be a swelling on both sides of the Achilles tendon. Or you may feel pain deep inside the heel when it makes contact with the ground.

What are the treatments?

- Avoid wearing ill-fitting or uncomfortable shoes
- Wear shoes with good heel cushioning and effective arch support
- Minimise walking or exercising on hard ground
- Rest regularly and try not to walk or run too fast
- Wear a raised heel (no more than 6-10 mm higher than normal)
- Lose weight if you are overweight

Insoles to improve alignment, ultrasound and medication can give relief. Attention to the cause of any rubbing and appropriate padding and strapping will allow inflammation to settle.

Contact Details:

Podiatry Office – (01244)

385000

Open Monday to Friday 09.00

– 12.30 and 13.30 – 16.00