

What is it?

Bony protrusion on heel, frequently associated with plantar fasciitis. Inflammation and pain caused when a tendon or a ligament runs over a spur.

What causes it?

Irritation of the plantar fascia and Achilles tendon. Minor injuries to and/or calcium deposits on bones.

Symptoms

Pain, tenderness and clicking at the heel

Top Tips

Stretch muscles in lower legs and feet as a priority.

How to Treat it

Rest. Anti-inflammatories.



Rehab

Stretching and strengthening of muscles in the lower legs and feet. Orthotics potentially. Treat any minor injuries as and when they happen.

Definitions

Plantar Fasciitis – injury to the connective tissue, or plantar fascia, that runs along the sole of the foot from the heel to the base of the toes.

Achilles tendon – tough, fibrous tissue linking the calf muscles to the heel

Ligament – tough, flexible connective tissue which connects two bones or cartilages or holds a joint together

Calcium Deposit – accumulation of calcium salts in the a body tissue, which can form in bone and/or connective tissue, causing it to harden

Associated Conditions

- Morton's Neuroma
- Sesamoiditis
- Claw Foot (Pes Cavus)
- Plantar Fasciitis
- Extensor and Flexor Tendinitis
- Retrocalcaneal Bursitis

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