"Heel Pain In The Athlete"

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USAF Military Experiences

25,000 heel pain cases over a 15 year period

"The shoe provides a "quiet environment" for the heel to function"

No matter what you place in a shoe (pre-fabricated accommodative orthotic device), 85 percent of the patients will receive benefit. 15 Percent will need a "custom orthotic".
• Traumatic
• Neoplastic
• Metabolic
• Congenital (Biomechanical)
• Neuropathic
• Infectious

“The relationship between equinus and plantar fasciitis is no longer debatable.”

Zones of the Calcaneus -
- Posterior Superior
- Posterior Body
- Plantar


Differential Diagnosis of Heal Pain in Athletes

Soft Tissue -
- Achilles Tendinitis / Insertional pain
- Fat Pad Atrophy
- Plantar Fasciitis / rupture
- Posterior Tibial Tendinitis
- Retrocalcaneal Bursitis
- Bursitis - "Stone Bruise"
- Abductor digiti quinti nerve entrapment - "Baxter's Nerve"
- Tumor
Bony Disorders
- Calcaneal Apophysitis - "Sever's Disease"
- Calcaneal Stress Fracture
- Osteomyelitis
- Tumor
- Osteoarthritis

Lumbar Spinal disorders

Neuropathies
- Tarsal Tunnel Syndrome
  - Sural Nerve Entrapment/Contusion
Metabolic disorders
- Osteoporosis
- Paget's Disease
- Sickle Cell Disease
HLAB-27 Arthritis
- Ankylosing Spondylitis
- Psoriatic Arthritis
- Reiter’s Disease

Rheumatoid arthritis

"Fluffy Periostitis" about the plantar heel spur is also associated with metabolic disease, while a "sharp, dagger-like heel spur is associated with biomechanical forces"

Imaging
- Regular Radiographs
- Diagnostic Ultrasound
- MRI
- Nuclear Medicine Bone Scan
- CT scan
Algorithmic Treatment Plans

Clinical Practice Guidelines - "The Diagnosis and Treatment of Heel Pain"

(American College of Foot and Ankle Surgeons)
Conservative Therapeutic Modalities
- Injection Therapy
- Padding/Strapping
- Prefabricated/custom orthotics
- Heel pads/cushions/cups
- Physical Therapy
- Shoe changes/modifications ("Pedaorthotics")
- Night splints
- Casting/Cast Boots
- Stretching *
Surgical Intervention
- Plantar Fasciitis - “Some kind of release of the plantar fascia near its attachment”
- Haglund’s Deformity of Bursitis and Exostosis - resection

Alternative Therapies
- Radiofrequency Debridement
- Platelet-Rich Plasma Injections
- Cryopreserved Human Amniotic Membrane Injections

WARNING: Patient will be charged extra for amazing decorations gotten off the Internet.

??Questions??
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