

# Do you have heel pain?


*It's not normal for your foot to hurt  
A stepwise approach to Heel pain  
(pun intended.... always)*



## Heel pain


*When I get out of bed! After I sit!  
At the end of the day!  
How do I lose weight,  
when I can't walk and exercise?*

Is it plantar fasciitis? Chances are good it is. However, when it comes to your feet, not all heel pain is plantar fasciitis. Other common causes for heel pain include: bursitis, nerve entrapment, bone contusion ("stone bruise"), heel spur, growth plate inflammation in children and inflammatory arthritic conditions. Plantar fasciitis, or inflammation of the ligamentous structure in the sole of your foot is one of the most common causes of heel pain.

**First step-** 

### **Confirm the condition**


Your neighbor's heel pain got better after stretching, but you have been stretching for three weeks and you are still dreading that first step out of bed. The science of how you walk, stand and run is known as "biomechanics". Each person functions and compensates for their walk when they are hurting. Pinpointing the reason your heel is injured gives us a target to focus our aim.

**Step two-** 

### **Identify the cause OF YOUR heel pain**

Starting a non-target specific generalized treatment for your heel pain often delays the results. Most foot doctors agree the longer you have heel pain, the longer it takes to get better. HEEL PAIN for many weeks or months can lead to changes in the way you walk such as limping or favoring your painful foot which can cause a "snowball effect" by creating new muscle pain, tendinitis or aggravation to other joints like knee, hip and low back pain.

If it hurts to walk and you simply stop walking, have you really solved the problem? If your four-legged friend accompanies you on those walks their response would be "NO!" (OK... maybe they would just look at you with sad eyes)

**Step three-** 

### **Focus treatment on YOUR causes of Heel pain**

Drs. Schroeder, Kim, Morris have over 70 years of combined experience treating foot and ankle conditions. We take the time to formulate a personal stepwise treatment plan for your foot pain. Foot & Ankle center of Wenatchee,

**A step in the right direction.**

**[www.footandankleofwenatchee.com](http://www.footandankleofwenatchee.com)**



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