



**Carlo A. Messina, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



**Michael M. Cohen, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage; Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



**John D. Goodner, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



**Warren Windram, D.P.M.**  
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

# INSURANCE

**MOST INSURANCES, PPO's AND MEDICARE ACCEPTED**  
*Preferred Providers Below*

## ADULT

Aetna (HMO, PPO, POS, EPO)  
Avmed (HMO, PPO)  
Better Health  
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Magellan  
Medicare  
Memorial (HMO, PPO)  
Miccosukee  
Multiplan  
Network Blue (HMO, PPO)  
Preferred Choice  
Private Health Care System  
Seminole Tribe  
Tricare  
United Health Care (HMO, PPO, POS)

## PEDIATRIC

Better Health  
Molina  
Staywell  
Sunshine State  
Wellcare

## WORKERS' COMPENSATION

AIG  
Corvel  
ESIS  
FCCI  
Gallagher Bassett  
Hartford Ins - Specialty Risk  
Liberty Mutual  
Marriot  
Publix Works Comp  
Sedgwick  
Travelers  
US Department of Labor  
Zenith Ins. Co.  
Zurich American

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Same day appointments  
Emergency visits  
Early morning appointments  
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Letters of Protection, (LOP's)  
Se habla Espanol

## LOCATIONS

### WESTON

1600 Town Center Blvd. • 954-389-5900

### PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

### PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

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# HEEL AND ARCH PAIN IN ADULTS



Messina • Goodner • Cohen • Windram  
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

# Foot, Ankle & Leg Specialists of South Florida

# HEEL AND ARCH PAIN IN ADULTS “HEEL SPUR SYNDROME” AND PLANTAR FASCIITIS

By: Robert H. Sheinberg, D.P.M., D.A.B.P.S., F.A.C.F.A.S.

## PROBLEM:

An inflammation of the main ligament in the arch where it attaches to the heel bone and supports the foot.

## CAUSES:

- Trauma or Injuries.
- Excessive activity over a short period of time.
- Flat or high arched feet.
- Tight muscles, especially the calf and hamstrings.
- Poor shoe gear (flat shoes or wornout shoes) or walking barefoot for prolonged periods of time.
- Standing or walking on hard surfaces for a prolonged period of time.
- Uphill walking on a treadmill
- Elliptical machine in the gym
- Calf raises and lunges
- Zumba type class that makes one go up and down frequently during the exercise

## SIGNS & SYMPTOMS:

- Pain first thing in the morning when getting out of bed and putting the foot down to the ground. With walking the pain usually diminishes. Early on the pain may last for a couple of minutes however as time goes on the pain may persist.
- Pain after sitting for a prolonged period of time or getting out of a car and starting to walk.
- Occasionally burning, numbness, shooting or tingling into the heel. May be a sign of surrounding nerve injury.
- Extreme tenderness to touch the heel or arch region.
- Commonly associated with lower back pain.
- If pain persists or worsens during walking, the injury may have progressed to a stress reaction or stress fracture.

## TREATMENT:

- A thorough history and physical examination of the foot and lower extremity.
- Avoid going barefooted and good supportive shoe wear with the heel of the shoe higher than the front. In women, high heels (1 inch or more) work best.
- **Anti-inflammatory** medications, ultrasound guided steroid injections and oral meds to reduce the inflammation.
- **Taping** the foot to support it and give immediate relief.
- Custom molded **orthotic** (shoe insert) to permanently support the foot and prevent reinjury. This is ALWAYS the best long term treatment.
- Frequent **stretching** of the calf and hamstring muscles to improve overall flexibility.
- Splinting the foot at night to stretch the muscle in the back of the leg. (**Night Splint**)
- Application of ice by freezing a bottle of water and rolling the arch on it.
- Occasionally immobilization in a **cast** or a **boot** to completely rest the foot. This provides IMMEDIATE relief.
- **Shockwave therapy** if pain persists.
- **PRP** (platelet rich plasma) injections
- **Surgery** is a last resort. Endoscopic plantar fascia release of the ligament from the heel is a 10 minute procedure providing **complete** relief in almost all cases.

## PROGNOSIS:

Excellent in almost all cases. A diligent treatment approach is always best. Patient compliance is always necessary.

