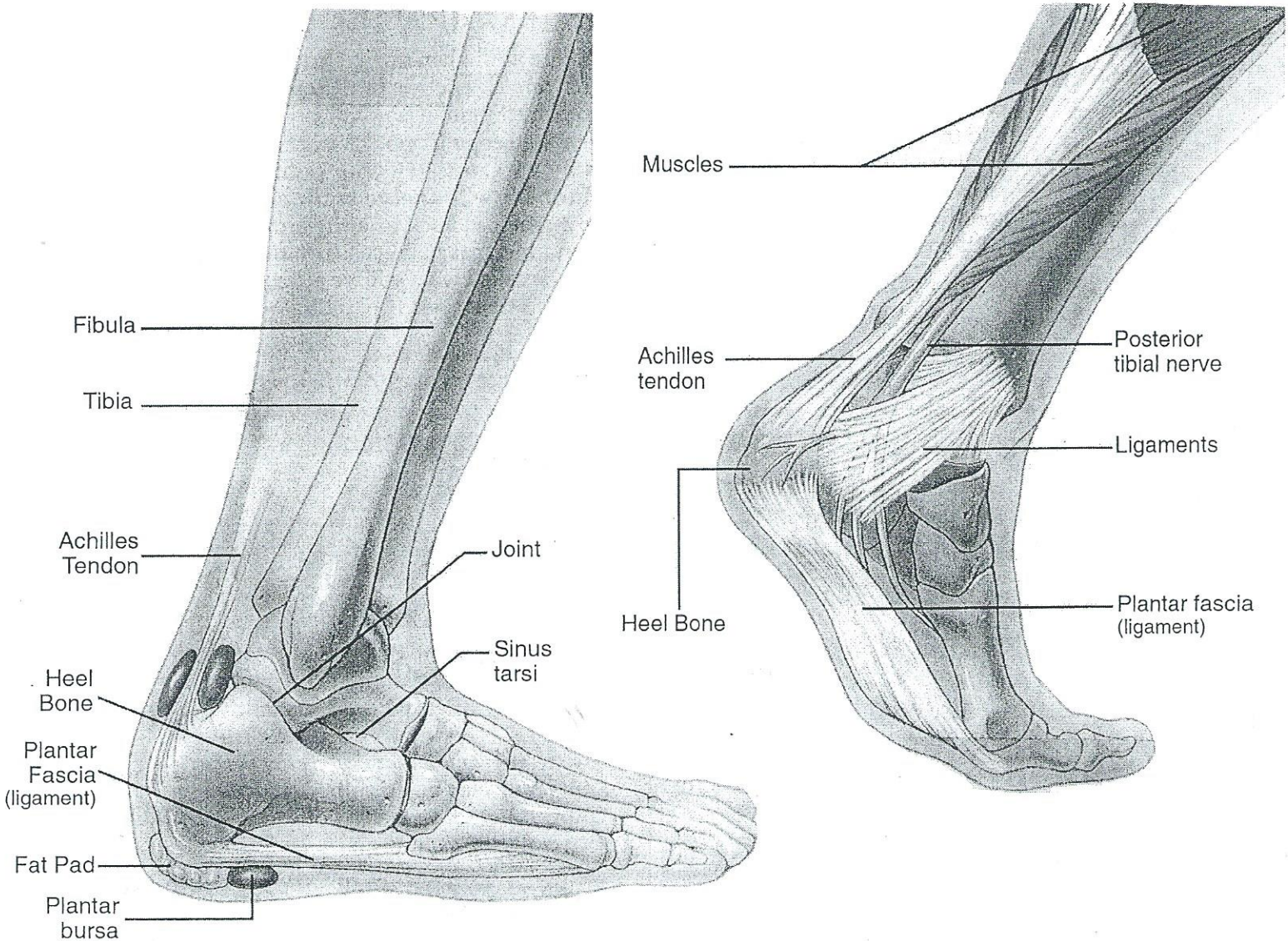


# Family Foot & Ankle Care, P.C.

Dr. Alan J. Discont & Associates  
Physicians & Surgeons of the Foot & Ankle

## Heel & Arch Conditions

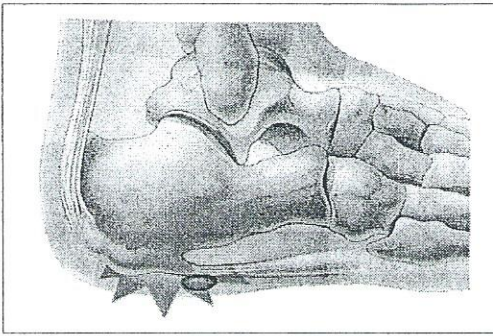


## Normal Anatomy of Foot & Ankle

- ❑ Chandler Foot & Ankle Center - 600 S. Dobson #D-35, Chandler, Arizona 85224
- ❑ Sun Lakes Foot & Ankle Center - 10440 E. Riggs Rd., #200, Sun Lakes, Arizona 85248

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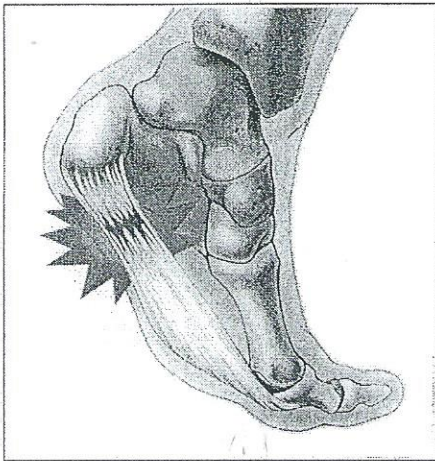
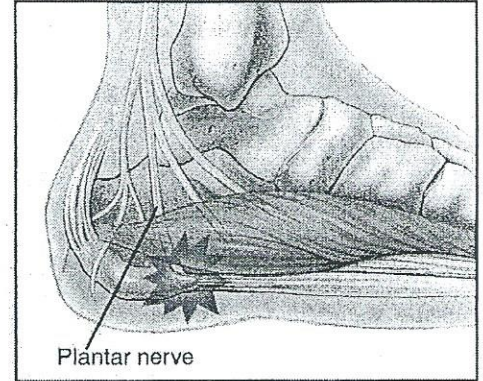


### ❑ Heel Spur

A **heel spur** is a bony outgrowth at the base of the heel bone near the plantar fascia. A spur may cause pain on the bottom of the heel when you stand. As with plantar fasciitis, the pain may decrease after standing or walking a short time. The pain you feel is not from the spur itself. Your heel hurts because the spur pinches a nerve or presses against the plantar bursa. If the bursa becomes inflamed (bursitis), it may squeeze the plantar fascia.

### ❑ Plantar Nerve Entrapment

Entrapment occurs when one of more branches of the **plantar nerve** are pinched, usually by a tight or inflamed plantar fascia. You may feel burning or shooting pain from your heel into the arch of your foot.

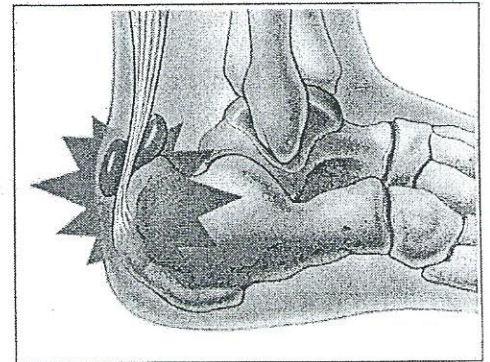


### ❑ Plantar Fasciitis

This is an inflammation of the ligament running from your heel to the ball of your foot (**plantar fascia**). The bottom or inside of your heel may hurt when you stand. The pain usually decreases after you walk a few steps, but may return with prolonged movement.

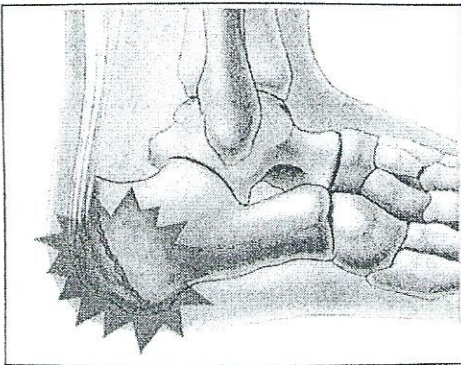
### ❑ Haglund's Deformity

This bony outgrowth develops on the upper back of your heel bone. Because you may feel pain where the edge of your shoe rubs the Achilles tendon, this problem is nicknamed "pump bump".



### ❑ Sever's disease

**Sever's disease (calcaneal apophysitis)** is an inflammation in the area between the sections of bone that make up the heel. This problem occurs in young people, whose bones have not yet fused and fully matured. The back of your heel may hurt, forcing you to limp or walk on your toes.



### ❑ Stress Fracture

A **stress fracture** is a crack in the heel bone, usually behind or below the subtalar joint. You may feel pain during extended activities and when you touch the injured area.

