

BURSITIS

Bursae are fluid-filled sacs that form around your joints. The bursae near your heels are behind your Achilles tendon, just above its attachment to your heel bone and are known as retrocalcaneal bursae.

Overuse from walking, running, or jumping can all cause retrocalcaneal bursitis. It's most common in runners and ballet dancers.

Bursitis is diagnosed by having an x-ray/ MRI scan.



The most common symptoms are:

- Pain when leaning back on your heels
- Swelling around the back of your heel area
- Pain in calf muscles when running or walking

Treatments include:

- Resting your heels
- Elevating your feet
- Icing the area
- Taking anti-inflammatory medication such as ibuprofen
- Wearing a shoe with a slightly elevated heel

If you are experiencing heel pain, please make an appointment with your podiatrist for a full assessment.

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