

## HEEL SPUR

Around 30-40% of the population have a heel spur. Many unnoticed, causing no issues. Heel spurs can be uncomfortable and result in heel pain.

### What is a heel spur?

Heel spurs occur when the plantar fascia gets torn. Small calcium deposits then enter the torn area and cause a bony protrusion around the underside of the heel bone.

People describe this pain in various ways, ranging from a “dull ache” to “like being stabbed with a pin”



### How is it diagnosed?

A heel spur is diagnosed by an x ray which will show the bony protrusion on your heel bone.

### How is it treated?

There are various treatments to help resolve pain from heel spurs. The most common are:

Stretching exercises given by your health professional

Shoe recommendations – altering your footwear may significantly help

Taping or strapping to rest stressed muscles and tendons

Inserts in your shoes to deflect the pressure away from your heel (orthotics)

In less than 10% of cases that pain does not resolve within 1 year, surgical treatments are available

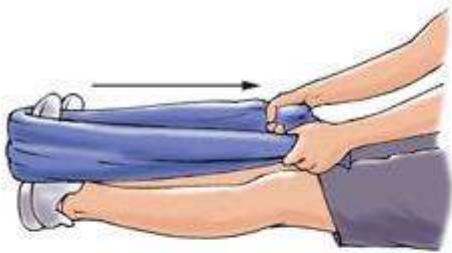
### How can I prevent heel spurs?

You can prevent heel spurs by wearing well-fitting shoes with shock-absorbent soles, and supportive heel counters. Choosing appropriate shoes for each physical activity; warming up and stretching before each activity; and pacing yourself during the activities.

Avoid wearing shoes with excessive wear on the heels and soles.

If you are overweight, losing weight may also help prevent heel spurs.

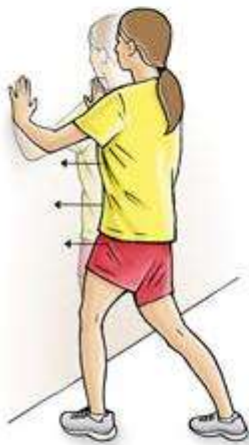
Stretches to help with heel spurs



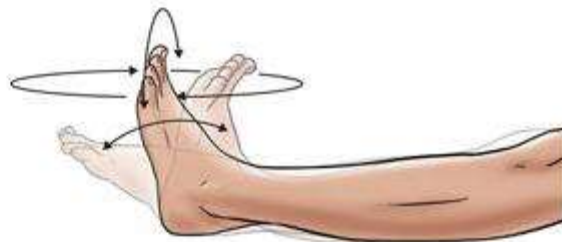
Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion



Frozen can roll