

Heel Fracture

A fracture would usually occur as a result of trauma for example after a fall, stress or injury. Signs that you may have a fracture in the heel are sudden sharp pain, swelling, bruising, inflammation and inability to weight bear.

An x-ray would confirm diagnosis. Your podiatrist can request this via your GP.



Depending on the type of fracture, treatments may include ice, rest, compression, elevation and a cast/off loading surgical boot to immobilise and prevent weight bearing.

If you are experiencing any type of heel pain, please make an appointment with your podiatrist

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