

# HEEL PAIN

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# HEEL PAIN COMMON CAUSES

- ▶ **Plantar Fasciitis**
- ▶ **Achilles Tendonitis**
- ▶ **Calcaneal spur**
- ▶ **Tarsal Tunnel Syndrome**
- ▶ **Stress Fractures**
- ▶ **Heel Pad Bruise**
- ▶ **Fat Pad Atrophy**
- ▶ **Haglund's Syndrome (With or Without Bursitis)**

# Plantar Fasciitis

- ▶ Plantar fasciitis refers to irritation and inflammation of the tight tissue band that forms the arch of the foot and connects your heel bone to the base of your toes. The severe, stabbing, or throbbing pain of plantar fasciitis is felt on the bottom of the heel and occurs upon weight-bearing after rest, such as when taking your first steps in the morning or when standing up after prolonged sitting.
- ▶ If plantar fasciitis persists for a long time, a heel spur—a bony protrusion occurs

# Achilles Tendonitis

- ▶ Achilles tendonitis refers to inflammation of the Achilles tendon—a large, cord-like tendon that attaches to the back of your heel bone.
- ▶ Achilles tendonitis most commonly develops from overuse (e.g., running too much and/or not warming up your calf muscles). [Bone spurs](#) from wearing poor-fitting shoes or arthritis may also lead to Achilles tendonitis

# Tarsal Tunnel Syndrome

- ▶ [Tarsal tunnel syndrome](#) is a nerve condition in which a large nerve in the back of the foot becomes pinched. Tarsal tunnel pain, described as aching or burning, may be felt in the heel but is more common in the bottom of the foot and near the toes. Similar to [carpal tunnel syndrome](#) in the hand, numbness and tingling may be present, and the pain is often worse at night.

# Heel Pad Bruises

- ▶ A heel pad bruise causes a sharp pain over the bottom of the heel. It may occur after trauma (e.g., landing from a high fall or stepping on a stone) or excessive weight-bearing exercises (e.g., running long distances in poorly cushioned shoes).

# Fat Pad Atrophy

- ▶ In older adults, the cushioning fat of your heel pad may atrophy or breakdown. Unlike plantar fasciitis, the pain of fat pad atrophy is absent in the morning but worsens with activity during the day.

# Haugland's Syndrome

- ▶ Hauglund's syndrome also referred to as "pump bump," occurs when a bony prominence at the back of the heel rubs against rigid shoes.
- ▶ It's unclear why some people develop this bony bump, but experts suspect it may be due to a tight Achilles tendon, [high arch of the foot](#), wearing tight or [poorly fitted shoes](#), and/or heredity.
- ▶ The pain of Haglund's syndrome is felt at the back of the heel and may be associated with limping and signs of inflammation like swelling, warmth, and redness. As the soft tissue surrounding the bony bump at the back of the heel gets irritated, [bursitis](#) may develop.

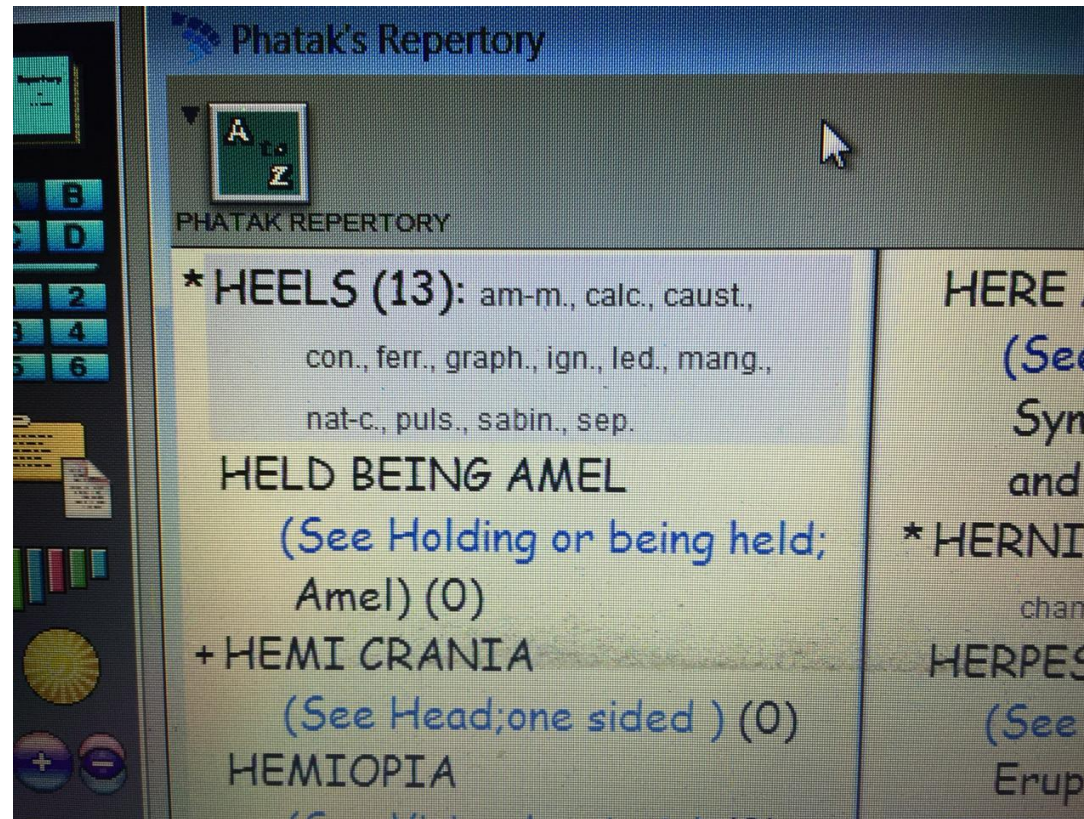


# Homeopathic Remedies

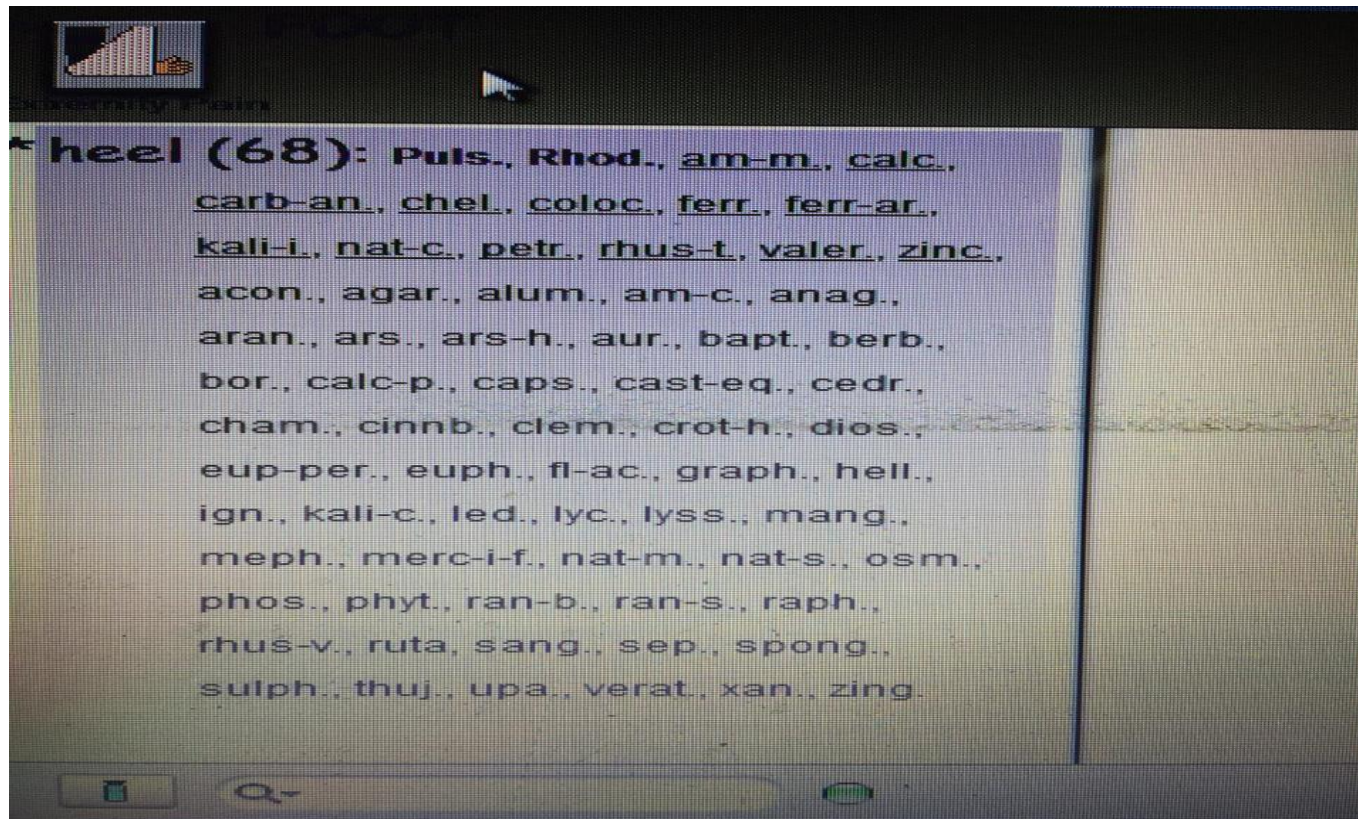
- ▶ Pulsatilla : shifting pains , alternating sides, boring pain in heels towards evening. Worse from letting the affected limb hang down, rest, BEGINNING OF MOTION, lying on left or painful side. Better CONTINUED MOTION, PRESSURE, RUBBING , motion, cold applications.
- ▶ Rhododendron : gouty , rheumatic remedy , affecting the fibrous tissues of forearm, longer legs, small joints, bones, nerves and single part. Rheumatic tearing in all limbs, especially rt side. Worse at rest , pain in bones in spots.agg stormy weather , towards morning. Better warmth.
- ▶ Colocynthis : Predominantly a left sided remedy, Contraction of muscles, stiffness of joints and shortening of tendons, numbness with pain. Worse gentle touch. Better pressure, heat.

- ▶ Manganum act : Produces inflammation of bones and joints with insupportable nightly digging pains. Ankles are painful. Rheumatism of feet.
- ▶ Medorrhinum: Heels and ball of feet tender. And itching cannot walk on them. Soreness of soles. Restless. Better hard rubbing.
- ▶ Valeriana : Pain in heels when sitting. Pain from calf to heel Better walking, changing position, rubbing. Worse rest, standing, evening.
- ▶ Phytolacca : Rheumatic pains worse in the morning , pains fly like electric shocks, shooting lancinating, shifting rapidly. Aching heels relieved by elevating feet.

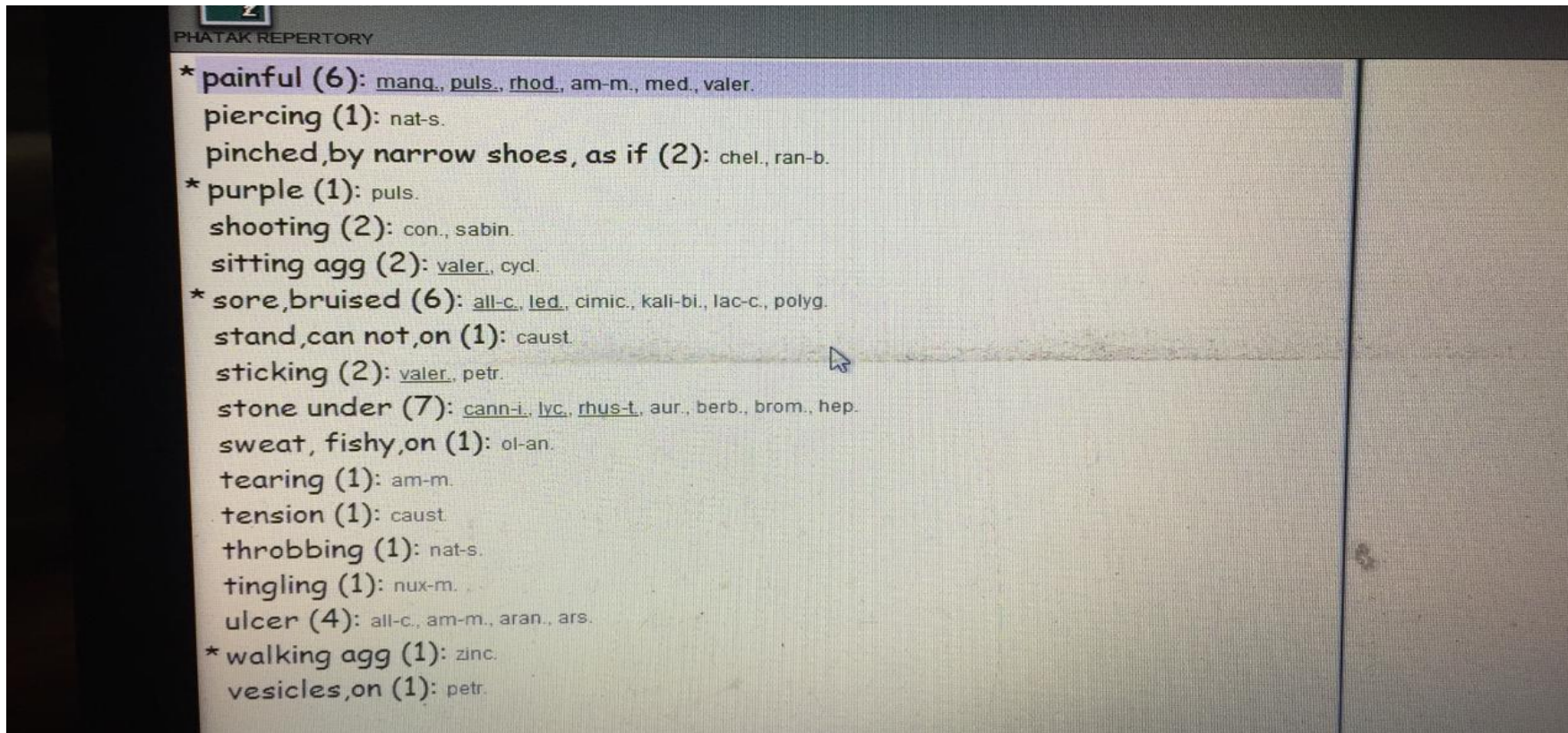
# Homeopathic Therapeutics for Pain Management.



Study General Rubric to get access to large number of remedies :



# Interesting subRubrics :



# THANK YOU.

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