

## **90 Second or Less Foot Facts**

### **Posterior Heel Pain**

Pain at the back of the heel is not as common as the bottom of the heel, but can be just as, or more, painful. The most common condition of this area is an Achilles problem at its attachment to the calcaneus. A bony enlargement often occurs here which complicates matters.

You will often see either swelling or a bony enlargement when compared to the asymptomatic foot. Pain with pressure is evident. Some people have to wear shoes without a back to prevent pressure on the area. This can lead people to become more sedentary than they would like because of the intensity of the pain.

If the Achilles tendon degenerates or tears at the insertion, getting this to heal is even more difficult. An MRI is needed to make this diagnosis. A tear will involve some form of immobilization. Degeneration of the Achilles will need a regenerative treatment such as a stem cell injection or Shockwave Therapy. Surgery may be needed to repair the damage if conservative treatment options are unsuccessful.

Understanding the importance of addressing pain in the back of the heel early in the onset, will decrease the chance of degeneration or a tear. The negative impact on a person's physical and mental health from a long-term Achilles condition can be significant.

Stretching, ice, an anti-inflammatory, rest and elevated heels are the first line of treatment for posterior heel pain. Custom Orthotics have been a staple to managing this condition long-term.