

# Foot Clinic

## CONDITIONS TREATED

- Achilles Tendonitis • Arch Pain / Arch Strain • Athlete's Foot • Bunions (Bunionettes)
- Callouses / Corns • Claw Hammer Mallet Toes • The Diabetic Foot • Heel Pain • Heel Spurs
- Ingrown Toenail • Knee Pain • Metatarsalgia • Morton's Neuroma • Morton's Toe • Neuropathy
- Overlapping Toes • Over Pronation (Flat Feet) • Plantar Fasciitis • Post-tib Tendonitis
- Sports Injuries • Shin Splints • Verrucae

## SERVICES INCLUDE

- Gait Analysis • FootScan • Orthoses

## Heel Spurs

The heel bone is the largest bone in the foot and absorbs the most amount of shock and pressure. A Heel Spur develops as an abnormal growth of the heel bone. Calcium deposits form when the Plantar Fascia pulls away from the heel area causing a bony protrusion or Heel Spur to develop. The Plantar Fascia is a broad band of fibrous tissue located along the bottom surface of the foot the runs from the heel to the forefoot. Heel spurs themselves are unlikely to be the cause of heel pain. However they are an important indicator that something abnormal is happening and in the presence of pain, requires further investigation and treatment.

Heel spurs are usually secondary to Plantar Fasciitis or repetitive low grade stress of the Plantar Fascia.

Treatment of the heel spur usually focuses on associated conditions such as plantar fasciitis - please refer to 'Heel Pain' for more information.

