



HEEL PAIN

Pain, bruising or swelling in the heel of the foot

CAUSES

ACHILLES' TENDINITIS

The Achilles' tendon of the foot connects the back of the heel to the calf muscles. Straining this tendon with strenuous physical activity causes it to inflame and swell. This condition may be treated at home and will heal with enough time and rest.

Symptoms:

- Pain and swelling in the heel of the foot

DO:

- Rest your feet as much as you can.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.

DON'T:

- Don't wear tight or ill-fitting shoes if your heel is still injured. If necessary, use heel pads in your shoes to support your feet.

BURSITIS

In the feet, there are small sacs called *bursae* that help reduce the friction that the bones and tendons go through everyday. In some cases, a sudden jump, ill-fitting shoes or pressure on the heels may cause the bursae to inflame. The pain may worsen with added pressure to the heels by standing or walking. Bursitis may also occur in the hip and the knee.

Symptoms:

- Pain and swelling in the heel of the foot

DO:

- Rest your feet as much as you can.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.

DON'T:

- Don't wear tight or ill-fitting shoes if your heel is still injured. If necessary, use heel pads in your shoes to support your feet.

Don't wear tight or ill-fitting shoes. Consider using heel pads to support your feet and give you comfort.





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Pain, bruising or swelling in the heel of the foot

CAUSES

INJURY

A fall or hard blow to the foot may have caused the heel to swell or bruise. If the injury has not caused a fracture in any of the bones of the feet or a dislocation in any of the joints, then it may be treated at home.

Symptoms:

- Pain, bruising or swelling in the heel of the foot

DO:

- Rest your feet as much as you can.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.

DON'T:

- Don't wear tight or ill-fitting shoes if your heel is still injured. If necessary, use heel pads in your shoes to support your feet.

PLANTAR FASCIITIS

Plantar fasciitis is an inflammation of a tissue that helps support the arch of the foot. This condition is caused by strain due to physical activity or added pressure on the foot due to the person being overweight or pregnant.

Symptoms:

- Pain and swelling in the heel of the foot

DO:

- Rest your feet as much as you can.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.
- Try to lose weight to relieve the pressure on the feet.

DON'T:

- Don't wear tight or ill-fitting shoes if your heel is still injured. If necessary, use heel pads in your shoes to support your feet.



Rest your feet by elevating them. This will soothe and help circulate blood flow.