



Common Symptoms of Heel Pain

Plantar Fasciitis involves pain in the bottom of the heel. It often is present when first getting up in the morning and after rest.

Posterior Tibial Dysfunction can be a very disabling condition. Pain and swelling in the arch and ankle are usually aggravated by standing and walking.

Achilles Tendinopathy involves pain at the attachment of the Achilles Tendon to the back of the heel. The pain often radiates onto the bottom of the heel and can be confused with plantar fasciitis.

Bursitis involves swelling of the pad under the heel and is often referred to as a “stone bruise”.

Nerve Entrapment results from an injury to a nerve on the inside of the heel. The pain is often present with every step and appears to radiate back up the ankle or leg.