Heel Spurs
From aches to agony
by Dr. Amelia Mazgaloff, D.C

Your feet are made for walking and running but through the years, improper footwear, hard training, and even harder running surfaces can take their toll. Pain at the bottom of the foot usually indicates one – or- more of three injuries: bursitis, heel spurs, or plantar fasciitis. These three conditions are inter-related and are caused by change or increase in activities, no arch support, lack of flexibility in the calf muscles, being overweight, a sudden injury, using shoes with little cushion on hard surfaces, using shoes that do not easily bend under the ball of the foot, or spending too much time on the feet.

Poor biomechanics within the foot can result in plantar fasciitis. If left untreated, the inflamed fascia fibers will pull away from the heel bone resulting in a heel spur. And, as the body makes accommodation for the improper biomechanics of the foot, it lays down new "cushioning" right along the line of the heel spur. This liquid field cushion is called a bursal sac. Under continuous pressure and repetitive stress, the bursal sac becomes inflamed and sore. This is called bursitis.

In most cases heel spurs, and plantar fasciitis **can be treated naturally**, without surgery. The key for the proper treatment of heel spurs is determining what is causing the excessive stretching of the plantar fascia. When the cause is over-pronation (flat feet), an **orthotic** is an effective device to reduce the over-pronation, and allow the condition to heal. **Running video gait analysis** is helpful with identifying biomechanical flaws as well as determining the right shoe support for your feet. **Myofascial release** and gentle **manipulation** of the foot and **electrical muscle stimulation** helps to quickly restore the correct alignment of the bones in the foot and decrease the inflammation and pain.

For more information on this article or the **video gait analysis** you can reach Dr. Mazgaloff at **(415) 546-1461** or on the web at www.chirohealthsf.com.

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