



Capital District Podiatry, PLLC
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

Thank You!

We'd like to take a moment to thank each of you, our wonderful patients, for referring your friends and family to our office. We couldn't do it without you!

CALL (518) 273-0053



REQUEST AN APPOINTMENT



FIND US

763 Hoosick Rd.
Troy, NY 12180



855 Rt. 146, Suite 150
Clifton Park, NY 12065



DIAGNOSING HEEL PAIN

Heel pain is a common complaint for our patients, but not all cases have the same root cause. In order to create an effective treatment plan for you, we first need to determine exactly what is going on. You can follow some clues on your own to get an idea as to why your heel is hurting.

Here are some clues you should know to help identify the source of your heel pain:

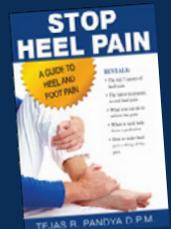


PAIN IN THE MORNING

If your pain is in the bottom of the heel and worst first thing in the morning ... you likely have plantar fasciitis. This is the most common cause of adult heel pain. It's caused by an inflamed plantar fascia, which is a tough band of fibrous tissue connecting the forefoot and heel underneath your foot. When faced with excessive strain, the tissue develops tiny tears, which the body starts repairing during times of rest. Those tears can become re-opened, though, with your first steps following an extended period of rest (like a night's sleep).



FREE BOOKS



ORDER NOW



ORDER NOW

CALL (518) 273-0053



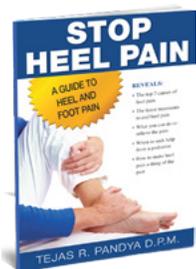
AFTER PHYSICAL ACTIVITY

If your pain is in the back of the heel and worse after physical activity ... you likely have Achilles tendinitis. This is a common overuse injury experienced by runners who train great distances and “weekend warriors” (men and women who only engage in intense physical activity once in a while, but are otherwise fairly sedentary). The Achilles tendon connects the heel bone to the calf muscle and is the strongest tendon in the body, but it does have its limits.



SEVER'S DISEASE

If you are an adolescent experiencing heel pain, and it's worse after physical activity ... you likely have **Sever's disease**. Don't let the name fool you – this isn't actually a disease! Instead, Sever's is a condition that arises when the heel bone reaches physical maturity before the Achilles tendon. This situation results in the tendon tugging on the back of the heel bone, creating pain that is exacerbated by physical activity. The good news is that the condition goes away in time and without any long-term issues. Treatment is centered on managing the pain.



FREE BOOK

We're happy to offer our free book, Stop Heel Pain: A Guide to Heel and Foot Pain. This valuable resource is full of helpful information on causes and symptoms of common conditions, as well as treatment and prevention tips, all in hopes of keeping your heels and feet pain-free.



READ OUR BLOG

HELP US IMPROVE



WRITE A REVIEW

QUICK LINKS

- [Contact Us](#)
- [Patient Education](#)
- [Our Staff](#)
- [Patient Forms](#)
- [Our Services](#)

CONNECT WITH US



SERVICE AREAS

DIABETIC FOOT CARE



TOENAIL TREATMENT



HEEL PAIN



No matter the source of your heel pain, you will always receive the right treatment here at Capital District Podiatry. We will diagnose the condition and then provide the care you need, but you have to make the first step by calling us at **(518) 273-0053** or **requesting an appointment** for either our Clifton Park or Troy, NY offices online!

CapitalDistrictPodiatry.com (518) 273-0053

Capital District Podiatry, PLLC | 763 Hoosick Rd. Troy, NY 12180 | 855 Rt. 146, Suite 170 Clifton Park, NY 12065