



Capital District Podiatry, PLLC
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CapitalDistrictPodiatry.com



Helpful Hints to Keep Heels Happy

From fall sports to apple picking to strolling around a pumpkin patch, heel pain can really get in the way of the fall activities you love. Don't worry, though. Try these tips to keep heels from hurting so you don't miss out on all the fall fun!

- Do stretches to keep your arches, calves, and Achilles tendons limber—when they're tight they can lead to heel pain!
- Make sure footwear has plenty of cushion and support.
- Look into custom orthotics which can help correct any foot issues that may be contributing to your painful heels.
- Cross train to cut down on repetitive stress.
- Order our free book on heel pain, and keep this helpful guide handy!

CALL (518) 273-0053



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Kids Can Get Heel Pain, Too!

Sometimes, growing kids experience heel pain and the most likely culprit is a condition called Sever's disease. Don't let the name frighten you, though. This is not a disease at all, but rather a case of "growing pains." When the heel bone grows faster than the Achilles, the taut tendon pulls on the heel's growth plate painfully. When kids are done growing, the pain is done, too. In the meantime, rest, ice, medication, and orthotic shoe inserts can all help ease discomfort.

Why Do Your Heels Hurt?

There are many causes of heel pain, which is why it's important to visit us for an accurate diagnosis to ensure you get the proper treatment you need. Some of the most common culprits include:

- Plantar Fasciitis – an overuse injury damaging tissues in your arch that swell and irritate your heel.
- Heel Spurs – a common companion of plantar fasciitis, this is a bony hook-like growth, or calcium deposit, that can add to discomfort.
- Heel fissures – deep cracks in heels due to excessively dry skin and pressure. These can become sore and infected (especially dangerous with diabetes!)
- Haglund's deformity – A.K.A. "Pump Bump." A protruding bump on the back of the heel that forms due to pressure and irritation and often develops bursitis.

Get Some High-Tech Help

Capital District Podiatry is always on the cutting-edge of technology and offers a variety of alternative approaches to help put a stop to heel pain. From injections of concentrated natural growth factors like those involved in our Amniofix and Platelet-Rich-Plasma treatments, to Extracorporeal shockwave therapy that uses energy waves to stimulate the healing process, we can provide the regenerative care you need to get you back on your feet, pain-free.

Have a Great Fall and Keep Those Heels Healthy!

If you do experience heel pain, don't hesitate to give us a call!
You can reach us at (518) 273-0053.

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