



FOOT SENSE

A monthly newsletter from your podiatrist



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9 Most Common Causes of Back of Heel Pain

If you're like most people in Seattle, you're probably much more active in the summer. After all who can stay inside when the weather is so nice. You name it people are doing it—walking, running, hiking, soccer, and more recently pickleball.



If you've experienced some pain in the back of your heel, it might be because you increased your mileage too quickly. Increasing it by more than 10-20% a week can be too much. Reducing your level of exercise may be all you need to relieve your pain.

However, an increase in exercise is only one factor in causing back of heel pain.

Low or Flat Arches

Your foot type can play a major role in developing foot pain. People who have flat feet or low arches are at greater risk for developing Achilles tendonitis one of several conditions that results in back of heel pain. The Achilles tendon is the largest tendon in the body. While it's able to withstand forces of 1,000 pounds or more, it can become inflamed.

Why?

People who have flat or low arches tend to roll their feet inwards or over pronate, increasing the pull on this tendon. People with this foot type also tend to develop a related condition--plantar fasciitis. Instead of feeling pain in the back of the heel, patients with this condition experience pain in the bottom of the heel.—Pg 3

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New toenail polish colors to brighten up your summer!

\$17





Geth Wu
Our new medical assistant



Lucy and her husband Steve on their motorcycle

Salmon Tacos with Peach Salsa and Avocado Crema (Gluten Free)

- 2 lb salmon, cut into 4 filets
- 1 tbsp avocado oil
- Salt
- Pepper
- 1 tsp chili powder
- 2 small ripe peaches, diced small
- 1 red bell pepper, diced small
- 1/2 of a large red onion, diced small
- 3 cloves garlic, minced
- 1/2 jalapeno pepper, minced
- 2 handfuls fresh cilantro, finely chopped
- Juice of 2 limes, divided
- 2 ripe avocados
- 1 tsp garlic powder
- 8 corn tortillas



Source: [Daisybeet](#)

Instructions

Cook Salmon Preheat oven to 415 degrees. Heat avocado oil in a cast iron skillet over medium heat. Pat salmon filets dry, then season with salt, pepper, and chili powder. Place salmon, skin side up, into heated skillet. Cook for 5-6 minutes until salmon flesh is browned and crispy on the outside. Flip salmon filets, then place skillet in the oven and cook for 3-5 minutes more until fish is cooked through.

Make Salsa While salmon is cooking, prepare salsa and avocado crema. To make salsa, combine peaches, bell pepper, red onion, half the garlic, jalapeno, and half the lime juice in a bowl. Stir to combine.

Prepare Avocado Crema To make avocado crema, blend together avocado, garlic powder, the remaining lime juice + cilantro, and salt to taste in a food processor until creamy. Heat tortillas individually over low heat in a skillet and flip once tortilla starts to bubble.

Back of Heel Pain (from Page 1)

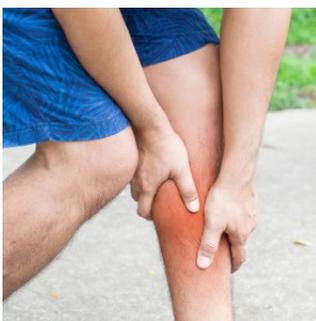
Improper Footwear

Old, worn out, or poorly fitting athletic shoes can also increase the likelihood of developing Achilles tendonitis and plantar fasciitis. This is particularly true for patients who have flat feet or low arches. A person with this foot type often needs more supportive shoes to keep their feet stable and pain free.

Tight calf muscles

Another factor in developing back of heel pain are tight calf muscles or equinus.

Tight calf muscles limit range of motion and make it much more likely for a person to roll inward or pronate causing strain and inflammation on the heel cord.



Other Types of Back of Heel Conditions

Other types of back of heel conditions can result from too much exercise or other factors.

Heel spurs

Heel spurs are osteophytes on the bottom or back of the calcaneus, or heel bone. These result from conditions such as plantar fasciitis or Achilles tendonitis. The bone grows in response to the tight ligament or tendon as the micro-tears in these structures repair themselves. Heel spurs may not cause pain by themselves but may be associated with back of heel pain.

Haglund's deformity (Pump Bump)

A special type of bursitis can be caused by Haglund's deformity. The back of the heel bone or calcaneus enlarges as a result of wearing shoes that are too tight or stiff in the heel. This condition can also develop as a result of a tight Achilles tendon or having a high arched foot.

Insertional Pain of the Achilles Tendon

Insertional pain of the Achilles Tendon occurs at the site where the Achilles tendon inserts on the back of the heel bone. The tendon and its covering become inflamed, and a spur may form at the back of the heel. This condition is commonly caused by chronic overuse of the Achilles, a flatfoot deformity, or an acute injury.

Stress Fracture

Athletes and others can also develop an over-use injury called a stress fracture on the back of the heel from a rapid increase in exercise. Stress fractures can also develop by changing the exercise surface (going from running on a soft track to concrete), poor running technique (i.e. compensating for a blister or bunion), and/or poor bone health (women who have low bone density due to menopause or low weight due to dieting or eating disorders).

Sever's Disease

Sever's disease is a condition that affects kids between the ages of 8-14. Pain can be felt at the back or the bottom of the heel as a result of inflammation of the growth plate. Sever's disease or calcaneal apophysitis is most commonly experienced in youth athletes, particularly those involved in soccer, track, or basketball. Unlike adult heel pain it doesn't subside immediately once the activity stops.



Treatment for Back of Heel Pain

To treat and prevent back of heel pain it's important to properly diagnose the condition and the factors that contribute to it. To learn how we treat these conditions visit <https://www.bergdpm.com/blog/9-most-common-causes-of-back-of-heel-pain.cfm>

We Love Kids!

This August we're involved in several kid related activities.

First, is our **5th Annual Back-to-School Shoe Drive for Mary's Place.**

With everything costing more money these days, kids experiencing homelessness need a helping hand when it comes to getting new shoes.

Please drop off a new pair of new shoes at our office any-time between now and August 26th and we'll put you in our drawing for a \$50 gift certificate to Amazon.



Making Foot Print Art

At the end of July, my marketing director, Lynn Chapman, spent several hours at the Lake City Farmer's Market helping kids create art with their footprints.

She also handed out bags of information to parents about how to take care of kids feet and what to do if they have a foot problem.

The bag included our new foot book for kids, "How to Keep Your Feet Healthy". [You can download your copy today!](#) Or scan the QR code.



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