



FOOT SENSE

A monthly newsletter from your podiatrist



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9 Most Common Causes of Back of Heel Pain

To relieve the stress of living in lockdown many of us have dramatically increased our level of exercise.

Unfortunately a rapid increase in mileage when walking or running can also lead to foot and ankle problems such as back of heel pain. If you've increased your exercise distance by more than 10-20% a week you're doing 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!



Foot and Ankle Center Folks Out and About



There's nothing like spending some time on the water to rejuvenate the spirit



Some Tulip Field Therapy

Quinoa Asparagus Salad

- 1 cup quinoa (dry)
- 1 1/2 cup water
- Pinch salt
- 1 bunch asparagus, chopped into 1 inch pieces
- 2 cups shelled fresh English peas (available at Trader Joes) or substitute shelled edamame, radishes, cucumber, snow peas or even spring greens.
- 3 scallions – thinly sliced at a diagonal
- ½ cup fresh dill (2 x .5 ounces packages) chopped
- ½ cup Italian parsley, more to taste.
- 1/4 cup sliced or slivered almonds, toasted (optional, or sub other nut or seed)

Dressing

- 1/3 cup olive oil
- zest from 1 lemon
- 1/3 cup fresh lemon juice (1-2 lemons)
- 1/2-1 teaspoon kosher salt
- pepper to taste



Rinse the quinoa and place it in a pot with the water and pinch of salt. Bring to a boil, cover, lower heat, and allow it to simmer on low heat for 12-15 minutes. Turn off heat, and let sit covered for 5 -10 minutes, then uncover, fluff with a fork and let it cool.

While the quinoa is cooking, blanch the peas and asparagus in salted boiling water for just a few minutes, until bright and tender. Rinse under cold water.

Place the cooled quinoa and blanched veggies in a bowl. Add the scallions, dill and almonds and give a toss. Add the oil, lemon zest and lemon juice and salt, pepper and stir again.

Taste, adjust salt and lemon, adding more if you like. If you are making this ahead, be sure to taste before serving as flavors will mellow – so I'll usually add a little more salt and lemon.

Serve with optional avocado, feta, goat cheese, sunflower sprouts.

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 us at <https://drberg.us/causesbackofheelpain>.

Give Some Love to Local Businesses

As a small business we know how important it is to support other small businesses. Here are some we would love you to support in Lake City.

Gyro On Lake City

Mohammed serves up a mean gyro, fabulous falafel, and other middle eastern delights at his small gyro shop located at 12340 Lake City Way NE.

Kaffeeklatsch

Annette (pronounced Annetta) has owned Kaffeeklatsch for 10 years. Kaffeeklatsch is truly the place where Lake City gathered pre-pandemic. Still baking their amazing bread and other goodies for our community, this fabulous German bakery is helping other small food businesses thrive by marketing them at Kaffeeklatsch. Located at 12513 Lake City Way NE #H.

Lil' Tiger Ice Cream

We are so thrilled that we now have an ice cream shop right here in Lake City. We haven't tried it yet because it just opened May 1st. But we will! Here is what they say. "We believe in building strong relationships, supporting our neighbors, and giving back to the community one scoop at a time. (and amazing ice cream of course!). Located at 12348 Lake City Way NE.



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