

CASE STUDY

HEEL SPURS

A 67-year-old retired male, wanting to walk and exercise pain free daily and without having to stop or avoid activity to minimize discomfort.

MEDICAL HISTORY

- Direct plantar calcaneal (heel) pain bilaterally on the left heel for the last 4 months, which has been gradually increasing as of recent
- The pain is sharp and is typically the worst while weight-bearing and when getting up from periods of rest, particularly in the mornings
- The pain is described as an 8/10 when at its worst and as low as a 2/10 when there is no direct pressure on the plantar heel
- Walking and cycling are his primary forms of activity
- No history of other injuries or diagnosed medical conditions
- Working from home and is not currently wearing supportive in-home footwear
- Dress/casual and running shoes for day-to-day wear, and he experiences less pain while wearing his running shoes
- Pain is worse while walking and weight-bearing in bare feet
- X-ray report shows hallux valgus deformities bilaterally right > left, moderate posterior and plantar calcaneal spurs measuring up to 9mm

GAIT ANALYSIS

- Overpronated foot mechanics during gait with excessive medial ankle shift, hindfoot valgus, forefoot abduction and medial toe-off, which is causing an increased strain on the plantar fascia at its attachment into the calcaneus
- Hallux valgus deformity bilaterally with bunion formation right > left



TREATMENT PLAN

- Custom foot orthotics with a heel hole cut-out to offload the specific plantar heel spur location
- Rocker-sole shoes for daily use to help enable an easier transition from heel strike to toe-off
- Supportive in-home footwear with medial arch support to help redistribute forces in the feet
- Self massage, icing and stretching of the plantar fascia and its insertion into the calcaneus (spur location)
- Physiotherapy for additional pain relief remedies

4-WEEK FOLLOW UP

- Wearing custom orthotics 4-6 hours/day
- Pain levels have “much improved” since the initial visit
- The worst pain that the patient has experienced at the affected area within the past 7 days has decreased from an 8/10 to a 2/10
- The overall comfort of the most recent set of foot orthotics has been rated 9/10
- The degree of difficulty during daily physical activities (including walking, stairs, prolonged standing, rising from sitting, going shopping, etc.) over the last 48 hours has decreased from moderate to mild

All pedorthic appointments are handled by our on-site pedorthists with extensive anatomy and biomechanical knowledge. Each case is treated with the patient’s comfort and safety in mind as recommendations are given accordingly.

A comprehensive treatment plan may include custom orthotics, heel lifts, and shoe modifications, to name a few. Follow-up appointments ensure the services provided at Kintec evolves along with the patients’ ever-changing lifestyles.

Patients can see a Pedorthist by booking a custom orthotics appointment at kintec.net/booknow