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# NorthPointe News



## Foot & Ankle Special



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## End of Summer Heel Pain

As summer comes to an end and flip-flops, flat sandals and warm weather athletic shoes start making their way back into the closet, many will notice heel pain has developed in one or both of their feet.



Although heel pain may be caused by walking gait abnormalities, many times stress from an injury, or a bruise incurred from walking, running or jumping on hard surfaces, or wearing poorly constructed footwear can also cause heel problems.

Causes of heel pain include:

- Heel Spurs
- Plantar Fasciitis
- Excessive Pronation
- Achilles Tendinitis
- An inflamed bursa
- Other soft-tissue growth
- Haglund's deformity
- A bone bruise or contusion

If you are experiencing heel pain, contact our office today for a consultation appointment.

## HEEL SPURS

A heel spur (also known as a calcaneal spur) is a calcium deposit causing a bony outgrowth that you can sometimes see and feel on the underside of your foot. The spur, visible by X-ray, appears as a protrusion that can extend forward as much as half an inch.

When there is no indication of bone enlargement, the condition is sometimes referred to as "heel spur syndrome."

Heel spurs are commonly caused by strains on foot muscles and ligaments, stretching of the plantar fascia, and repeated tearing of the membrane that covers the heel bone. Heel spurs are especially common among athletes whose activities include large amounts of running and jumping and for persons with Plantar Fasciitis

### Symptoms and Causes

Heel spurs often cause no symptoms. But heel spurs can be associated with intermittent or chronic pain if inflammation develops at the point of the spur formation. This often occurs while walking, jogging, or running. In general, a soft tissue injury, or inflammation and irritation of the plantar fascia, could be the cause of the pain and not the heel spur itself.

Many people describe the pain of heel spurs and plantar fasciitis as a knife or pin sticking into the bottom of their feet when they first stand up in the morning. The pain later turns into a dull ache. Often the pain returns upon standing up after sitting for a prolonged period of time.

### Other symptoms of heel spurs include:

- A small, visible protrusion: On X-rays, a heel spur can be up to a half inch long
- Inflammation and swelling
- Burning, hot sensation
- Tenderness that makes it painful to walk barefoot

### Causes of heel spurs include:

- Overuse: Activities like running and jogging, especially on hard surfaces, can cause heel spurs by wearing down the heel and arch of the foot
- Excess Weight and Obesity: The more weight you carry around, the greater your risk of heel spurs
- Improper footwear: Ill-fitting or non-supportive footwear (like flip-flops) can cause heel spurs
- Walking Gait Abnormalities: An abnormal gait may place excessive stress on the heel bone, ligaments, and nerves near the heel



### Treatment

If you have heel pain that persists for more than one month, consult your NorthPointe Foot & Ankle doctor. He or she may suggest nonsurgical treatments such as:

- Stretching exercises
- Shoe recommendations
- Taping or strapping to rest stressed muscles and tendons
- Shoe inserts or orthotic devices
- Physical therapy
- Night splints
- In some cases, injection with a corticosteroid may be done to relieve inflammation in the area

If the fascia does not heal on its own with appropriate care, measures to stimulate healing with Topaz, Tennex, and/or bone or PRP injections may restart the healing process.

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[NorthPointe@FootandAnkleSEMI.com](mailto:NorthPointe@FootandAnkleSEMI.com)

## Plantar Warts

A wart is a small growth on the skin that develops when the skin is infected by a virus. Warts can develop anywhere on the foot, but typically they appear on the bottom (plantar side) of the foot. Plantar warts most commonly occur in children, adolescents, and the elderly.

There are two types of plantar warts:

- A *solitary* wart is a single wart. It often increases in size and may eventually multiply, forming additional “satellite” warts.
- *Mosaic* warts are a cluster of several small warts growing closely together in one area. Mosaic warts are more difficult to treat than solitary warts.

Plantar warts are caused by direct contact with the human papilloma virus (HPV). This is the same virus that causes warts on other areas of the body.

The signs and symptoms of a plantar wart may include:

- **Thickened skin.** Often a plantar wart resembles a callus because of its tough, thick tissue.
- **Pain.** Walking and standing may be painful. Squeezing the sides of the wart may also cause pain.
- **Tiny black dots.** These often appear on the surface of the wart. The dots are actually dried blood contained in the capillaries (tiny blood vessels).

Plantar warts grow deep into the skin. Usually this growth occurs slowly, with the wart starting small and becoming larger over time.

Your NorthPointe Foot & Ankle doctor may use topical or oral treatments, laser therapy, cryotherapy (freezing), acid treatments, or surgery to remove the wart.

Regardless of the treatment approach undertaken, it is important that the patient follow the doctor’s instructions, including all home care and medication that has been prescribed, as well as follow-up visits with the doctor. Patients should never try to remove warts themselves.

## Berkley Students Receive Socks THANK YOU!

We want to thank all of our patients and friends that helped to bring hundreds of socks to the Berkley School District with donations to our sock drive.

The sock drive was held July 15 through August 15.

The socks will be distributed during the 2019-2020 school year to children in need.



## Pre-Dream Cruise Party

On Thursday, August 15, NorthPointe Foot & Ankle hosted its annual Pre-Dream Cruise Party.

More than 200 guests registered to attend the party.

Thank you to all of our patients and families that joined us for a night of socializing and classic car watching.

It was a pleasure to visit with you and enjoy the local National Coney Island favorites!

