

Heel spur/plantar fasciitis/heel pain

The buzz killer, and not just for athletes

Pain in the heel area can have different causes. Often there is inflammation of a connective ligament, the plantar fascia. It runs from the heel to the forefoot. With a longer course, the attachment of the ligament to the heel can ossify, so that a so-called heel spur is seen in an X-ray.

Here conservative therapy can most often help:

- Stretching exercises
- Orthotic inserts with padding of the heel
- Shock wave therapy
- Manual therapy
- Laser treatment
- Injections
- Neural therapy
- Acupuncture
- ACP – autologous blood injections
- Kinesio taping

If no improvement is seen with conservative therapy, in exceptional cases an operative treatment with cutting of the fascia is required, and, if necessary, also removal of a larger heel spur.

Would you like advice?

Are you interested in further information?

Would you like a personal consultation or an appointment in our practice?

We look forward to you.

Kontakt

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