

# Heel Pain

# Differential Diagnoses for Heel Pain in Adults

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	Trauma	History	Physical Examination	Conservative Treatment
Rearfoot Pathology	<b>Plantar Fasciitis</b>	Morning pain or pain on standing after prolonged sitting.	Increased pain with passive dorsiflexion of toes and palpation of the origin of the plantar fascia on the plantar heel.	Analgesics, stretching, orthotics, proper shoes, night splint, cortisone injection, avoiding barefoot walking.
	<b>Achilles Tendonitis</b>	Pain with running, jumping, making quick turns or from their posterior shoe edge.	Pain and tenderness over the insertion of the Achilles tendon on the posterior calcaneus. Pain may increase with ankle dorsiflexion.	Rest, analgesics, orthotics with a heel lift, proper footwear, stretching, strengthening exercises.
	<b>Retrocalcaneal Bursitis</b>	Pain from their posterior shoe edge.	Pain and tenderness at the posterior calcaneus. The heel may appear swollen and/or reddened.	Analgesics, proper shoes with Achilles notch and padding over the posterior heel, orthotics with a heel lift.
	<b>Tarsal Tunnel Syndrome</b>	Pain or numbness at the medial heel radiating to the sole and toes.	Reproduction of symptoms with percussion of tarsal tunnel (under the medial malleolus) or dorsiflexion and eversion of the foot.	Analgesics, correcting foot posture with orthotics.