

## HEEL PAIN

*Massage is proven to help provide relief and speed healing of this area.*

Don't ignore the early signs of heel pain and keep on doing the activities that caused it. When you continue to use a sore heel, it can get worse and could become a chronic condition. Some causes are:

Stone bruise. Stepping on a hard object such as a stone, you can bruise the fat pad on the underside of your heel. It may not look discolored. The pain goes away gradually with rest.

Plantar fasciitis. Too much running or jumping can inflame. The pain is centered under your heel and may be mild at first but flares up when you take your first steps after resting overnight.

Heel spur. When plantar fasciitis continues for a long time, a heel spur (calcium deposit) may form. Your doctor may take an X-ray to see the bony protrusion, which can vary in size.

Retrocalcaneal bursitis. Caused by running too much or wearing shoes that rub or cut into the back of the heel. The skin thickens, gets red and swells. A bump on the back of your heel feels tender and warm. The pain flares during activity after resting. It hurts to wear normal shoes.

Surgery is not usually required, but it may take 12 months to heal.

Try the following:

- REST is important. Choose an alternate activity
- Change footwear or seek orthotics.
- Ice therapy can reduce pain
- Night splints keep them from tightening up overnight
- Medication and cortisone injections
- Stretching daily helps speed recovery.
- MASSAGE helps increase circulation and loosen tight fascia.

**Get relief at the club or at home, when you schedule a Massage**