

## Heel Spur

Are you experiencing intermittent or chronic pain at the base of your heel, especially while walking, jogging, or running? You might have a heel spur.



Heel spurs occur when calcium deposits build up on the underside of the heel bone, a process that usually occurs over a period of many months. Heel spurs are often caused by strains on foot muscles and ligaments, stretching of the plantar fascia, and repeated tearing of the membrane that covers the heel bone. Risk factors for heel spurs include walking gait abnormalities, which place excessive stress on the heel bone, ligaments, and nerves near the heel, running or jogging, especially on hard surfaces, poorly fitted or badly worn shoes, especially those lacking appropriate arch support, excess weight and obesity. Research shows that shockwave therapy is very effective for treatment of heel spurs.