Management of heel pain

Mr Ian Garnham
Consultant Foot and Ankle Surgeon
Whipps Cross University Hospital
Management of heel pain

Plantar fasciitis

Posterior heel pain
Plantar fasciitis

- Pathophysiology
- Clinical presentation
- Clinical assessment
- Differential diagnosis
- Imaging
- Medical management
Plantar fasciitis

- >90% success from conservative treatment
  - NSAIDS
  - Modification of footwear
  - Modification of activity
  - Physical therapy
  - Night splints
  - Steroid injection
  - ECSWT
  - PRP
Indications for surgical treatment

• Confirmed diagnosis on imaging  MRI

• Failed medical management in compliant patient

• Symptoms > 1yr
Surgical treatment of plantar fasciitis

Open fasciectomy

Endoscopic fasciotomy

Gastrocnemius/soleus complex release/lengthening
Open fasciectomy
Open fasciectomy

- 30-50% release
- +/- excision calcaneal spur
- Release 1\textsuperscript{st} branch lateral plantar nerve

- Literature
  - Few studies
  - Retrospective
  - 70%+ good/excellent outcome
Endoscopic release

• Similar reported outcomes to open surgery
Proximal medial gastrocnemius release

- Gastrocnemius / soleus contracture
- Multiple lengthening techniques
- Silfverskoid +ve patients
- Proximal medial gastrocnemius release if failure medical treatment
Posterior heel pain

- Achilles tendonosis
- Insertional tendonosis
- Haglund deformity
- Pump bump
- Posterior heel spur
Achilles tendonosis

- Eccentric stretches
- High volume injection
- ECSWT
- PRP
- Surgery - tenolysis
Insertional tendonosis

- Haglund deformity
- Insertional tendonosis
- Inflamed retro calcaneal bursa
Insertional tendonosis

- Physiotherapy
- NSAIDS
- Injection of bursa
- ECSWT (non-calcific)
Surgical treatment of insertional tendonosis

• Open surgery
  – Resection of postero-superior calcaneus (Haglund deformity)
  – Excision retro-calcaneal bursa
  – Debridement achilles tendonopathy
Surgical treatment of insertional tendonosis

Endoscopic calcaneoplasty

Minimally invasive
Medial/lateral portals

Coblation bursa/tendon
Endoscopic calcaneoplasty
Posterior heel spur
Posterior heel spur

- Posterior approach
- Achilles split
- Repair Arthrex speed bridge
Os trigonum
Ankle arthritis

- Open fusion
- Arthroscopic fusion
- TAR total ankle replacement
Ankle arthritis
arthroscopic fusion
Ankle arthritis
TAR total ankle replacement
Lateral ligament injury

- Grade 1-3
- RICE
- Functional bracing
- Lateral gutter pain
- Instability
- OCD
Lateral ligament injury

Lateral gutter pain
Ankle instability

- Anterior drawer
- Stress test
Brostrom Gould repair
Ankle instability

- Free hamstring graft
Ankle arthroscopy

Soft tissue impingement
Bony impingement
Loose body
OCD
Ankle arthroscopy
Ankle arthroscopy
Ankle arthroscopy

- Osteophyte
- Talar Dome
OCD
OCD
Acquired flat foot

“medial ankle sprain”

Tibialis posterior
dysfunction  Grade 1-4
Acquired flat foot

- Grade 1
Acquired flat foot

• Grade 2
• Conservative Rx
• Surgical  FDL transfer +calcaneal osteotomy
FDL transfer + calcaneal osteotomy
Acquired flat foot

- Grade 3
Acquired flat foot

- Grade 4