

# Heel Pain

## Don't let heel pain hold you back

If heel pain is impacting how you move, how you feel and how you live, then it's time to get help from My FootDr.

Heel pain (plantar fasciitis) is a common condition causing severe pain under the heel bone. People with plantar fasciitis generally describe the pain as a stone bruise type pain, or as if they are walking on a stone or a bony heel spur. Often, the pain is worse the first few steps in the morning, after sitting down or towards the end of the day. The pain is caused by micro tears to the plantar fascia (the long tight tendon/cord under the arch) at the attachment point under the heel bone. Left untreated, the pain will persist for a long time.

## How we help

At My FootDr, we believe that healthy feet can lead to a better quality of life. Our team of highly-qualified podiatrists are in the best position to improve how you live by providing world-class and unrivalled heel pain treatment.

To better understand the cause of your pain, our podiatrists will take a detailed physical assessment and perform a video gait (walking) assessment on a treadmill. They will assess your biomechanics and foot type to determine ways to relieve your pain and provide a solution.

One treatment we may prescribe is custom-made foot orthotics. These custom shoe inserts can help to alleviate and prevent pain, and improve posture and foot function in general. In addition, your podiatrist will make footwear recommendations to ensure your feet are well supported.

**You can trust My FootDr's team of highly-qualified podiatrists to always provide that extra level of care and attention when delivering the best foot care solutions for you and your family. Our team will deliver you with world-class podiatry services, and work with you to tailor a solution that is individualised to your needs.**

Book an appointment with  
our podiatrists today

Call 1800 FOOTDR  
[myfootdr.com.au](http://myfootdr.com.au)



**MyFootDr.**  
Healthy feet. Better lives.

