

✓ **Are you a candidate for new procedures?**

If you have tried all of three of the conservative treatments listed below, and continue to have heel pain, you might benefit from the new Shock Wave Therapy or endoscopic surgery.

- Used custom orthotic shoe inserts for at least three months.
- Received one or more shots of cortisone to reduce inflammation.
- Taken oral pain relievers such as Motrin, Tylenol, Aspirin.



**Dr. Brian J. Zinsmeister**

Dr. Zinsmeister received a B.A. in Biology at Franklin and Marshall College, Lancaster, PA and a Doctor of Podiatric Medicine degree from Pennsylvania College of Podiatric Medicine in Philadelphia. He completed a podiatric residency at Highlands Center Hospital in Denver, CO.

After accruing the required years of surgical experience and passing a rigid qualifying examination, he became Board certified in foot and ankle surgery through the American Board of Podiatric Surgery. Approximately only 30% of the podiatric profession nationally is certified through the highly respected American Board of Podiatric Surgery.

In 1985, he set up private practice in Andover and Quincy, Mass, later moving to Lexington. He is married and the father of two daughters. He resides in Andover.

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*New Patients Welcome*

# CHRONIC HEEL PAIN



*Foot Pain Relief  
for Adults and Children*

**Dr. Brian J. Zinsmeister**

Board Certified in Foot & Ankle Surgery by the  
American Board of Podiatric Surgery

*You feel a dull, throbbing pain in your heel. Some people describe it like a stone bruise. Pain is usually worse during your first steps in the morning or when you stand after a period of sitting or rest.*

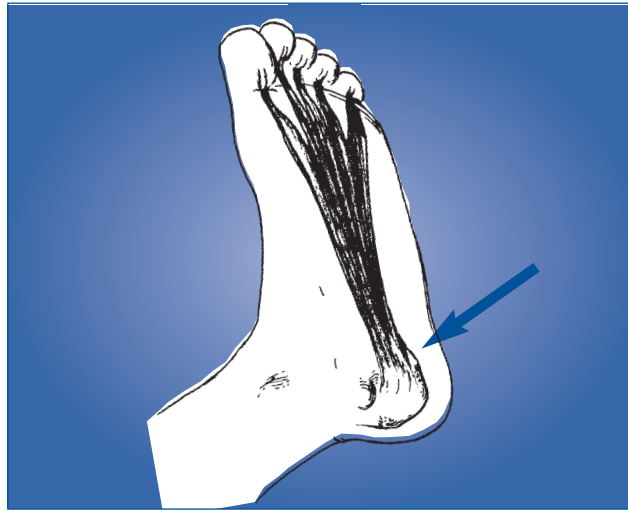
*As the condition progresses, your heel may hurt even when not weight-bearing.*

## Why do I have heel pain?

Plantar fasciitis, a common type of heel pain, is caused by too much strain on a ligament (Plantar Fascia) that stretches from the heel to the toes along the bottom of the foot. Undue strain on the plantar fascia causes it to become inflamed where it connects with the heel. The pulling irritates the surrounding tissue and pain results. As self-defense, the body creates more bone -- called heel spurs -- to shore up the connection. The heel spurs don't actually cause the pain although, for many years, people thought they did.

## What causes Plantar Fasciitis?

Typically, the inherited foot structure or alignment of bones in the feet predisposes some individuals to plantar fasciitis. Many causes can induce heel pain including, ten to fifteen pounds weight gain, sudden increases in walking or running, standing long hours on concrete or tile floors, or poor shoe gear. When excessive tension is placed on this tissue, swelling occurs and pain results.



Too much tension at this point can cause the plantar fascia to pull away from the heel bone.

## Will pain go away by itself?

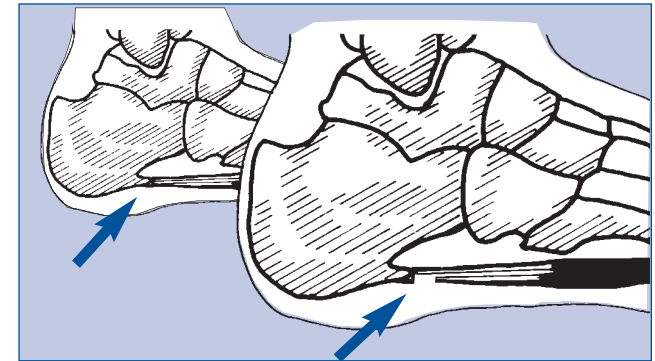
Typically, no. In fact, if medical attention is delayed, the condition may worsen, making treatment more difficult.

A foot specialist should diagnose and treat the cause of your heel pain. The best treatment for plantar fasciitis combines medication to reduce the inflammation, stretching exercises, use of custom-molded or generic arch supports (orthotics) to support the foot and reduce the strain and a change to proper shoe gear. Other treatments include physical therapy, splinting, use of a removable cast, and shock wave therapy. These non-surgical treatments can successfully relieve heel pain in 90 per cent of patients. For the others, surgery may be required to permanently release or loosen the strain on the plantar fascia.

## What are the benefits of Shock Wave Therapy?

Shock wave therapy is a treatment for chronic plantar fasciitis that has not responded to other therapies. It consists of a single treatment of high voltage ultrasound performed under local anesthesia in the office. The therapy is similar to lithotripsy which is used to break up kidney stones.

There is no pain after the procedure and it is effective in 60 to 70 per cent of patients who have not responded to traditional treatments.



Before release of plantar fascia (*upper left before and upper right after*), painful inflammation builds up in the tissue where the fascia joins the heel bone. If conservative, non-invasive therapies don't succeed, endoscopic surgery can sometimes release the tension on the plantar fascia (*right*). Once tension is lessened, pain usually disappears.