

Answers • Heel Pain

INJECTIONS

One shot at a solution.

A dose of corticosteroids where ligaments meet heel can reduce inflammation and break down scar tissue. Your doc will likely limit you to one shot per trouble spot.

Surgery

When nothing else helps.

Partially cutting ligaments in the plantar fascia releases tension on the heel. But it leaves the ligament weaker and sometimes damages nerves, so consider it only when all other options have failed.

PLATELET-RICH PLASMA

A gooey gamble.

Injecting a high concentration of your own platelets might speed healing. Results for PRP, which is rarely covered by insurance, are mixed.

SHOCK WAVES

Zap away pain.

Powerful sound waves to the heel reduce pain in up to 80% of patients. The catch: It hurts! You may need anesthesia.

Sources: Georgeanne Botek, DPM, head of podiatry at the Foot and Ankle Center at Cleveland Clinic Orthopaedic and Rheumatologic Institute; Howard Osterman, DPM, spokesperson for the American Podiatric Medical Association, partner at Foot and Ankle Specialists of the Mid-Atlantic, and team podiatrist for the Washington Wizards