

Pain in the Medial Calcaneal Tuberosity - Summary

Author:

C.A. Jasmin

Institution:

Brazil

From January 1997 to December 2001 all patients who suffered from pain in the medial calcaneal tuberosity without any association with a trauma or rheumatic diseases were submitted to x-ray of the symptomatic foot either with foot leaned on the table and another with the heel lifted by a device which simulated the use of 2 to 3 cm high heeled shoe. The distance between the medial calcaneal tuberosity and the head of the first metatarsal was measured in two incidences, which confirmed that the use of high-heeled shoes reduces the distance between those points. This fact led us to believe that this would also promote the relaxation of the plantar structures originated in the medial calcaneal tuberosity. Since then, these patients were asked to keep their heels lifted from 2 to 3 cm higher than their toes through the use of high heeled shoes or some sort of shoe insoles.

250 patients were invited to follow-up examinations performed in January 2002. 128 patients were available and 27 were excluded for having associated rheumatic diseases and other for having burned the foot.

The evaluation included

1. duration of the symptoms after the beginning of the treatment.
2. the re-starting of the symptoms after an overall clinical recovery.
3. the presence of spontaneous pain or under thumb pressure.
4. in which way, the therapeutic orientation was followed.

70 patients (82 feet – 68,33%) were painfree. 24 patients (29 feet – 24,16%) felt better with the treatment but reported that the symptoms were back after abandoning the use of the required shoes. These same patients also reported that they started to follow the terapeutical proposal again obtaining speedy recovery. 6 patients (9feet – 7,51%) did not use the proposed method and kept on having the symptoms anyway.