



Breakthrough Podiatry

A revolution in foot care

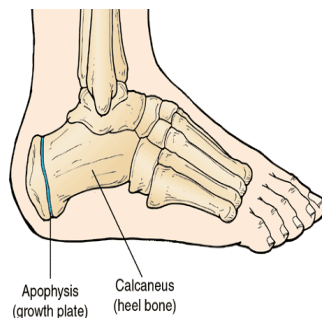
Newsletter June 2007

Kicking Out Kids Heel Pain! Jillian, a 12 year old female patient, presented to Breakthrough Podiatry with her mother complaining of heel pain every time she played soccer. They had tried resting the foot several times, but every time she increased her activity her pain resumed. Jillian states, "I really love soccer, do I have to quit?"

Jillian's pain is caused by a condition called Calcaneal Apophysitis, or Sever's Disease. Calcaneal Apophysitis is caused by pain at the growth area, the apophysis, of the heel bone. Many pediatric patients have flattened medial arches and tight heel chords or Achilles tendons. Traction from a tight Achilles tendon upward, and a tight plantar fascia below the heel bone results in movement of the apophysis, causing pain! Children aged 8 to 14 are most often effected by this condition.

Fortunately for Jillian, and other Breakthrough Podiatry patients, Dr. Williams was able to disrupt the pain the same day! Simple taping to alleviate the tightness of the plantar fascia and manipulation of the ankle joint to alleviate the tightness of the Achilles tendon liberates patients from pain almost immediately. Often treatment of a short limb with a heel lift is necessary as well. After this treatment works, patients can then be cast for a custom foot orthotic that will prevail in maintaining the proper foot balance and defy the return of pain!

Physicians and patients can combat children's heel pain by being aware of the most common symptoms and then referring them to Breakthrough Podiatry, where patients will benefit from the latest ground-breaking treatment methods to obtain exceptional outcomes.



Children's Heel Pain / Calcaneal Apophysitis

- 1) Pain at the heel bone with increased activity and only short term resolution of pain with stoppage of activity**
 - 2) An open apophysis, which often looks like a fracture on X-ray**
- Innovative Treatment Options!**

- 1) Taping and manipulation for instant relief of pain!**
- 2) Custom foot orthotics beat the pain so the patient can return to play!**

Lead by Bruce Williams, Doctor of Podiatric Medicine, Breakthrough Podiatry challenges convention to deliver outstanding results, reduce failed podiatric therapies, and improve foot health. The majority of Breakthrough Podiatry patients overcome pain in 5 treatment visits or less.

www.Breakthroughpodiatry.com

Dr. Bruce Williams specializes in

Children's Heel Pain

Calcaneal Apophysitis

Custom Foot Orthotics

and other podiatric disorders.

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