



## CHRONIC HEEL PAIN... COULD IT BE A FORM OF NEUROPATHY?

If you go see any doctor and complain of heel pain on the bottom of your foot, it is likely they will quickly diagnose your pain as Plantar Fasciitis and recommend some treatment plan directly aimed at treating this condition. **THIS CAN BE A BIG MISTAKE.** Without a careful history and a thorough examination, a major contributor of heel pain can be missed. It is surprising to me, how often I see patients who have been diagnosed with Plantar Fasciitis who really don't have any problems with the plantar fascia or if they do, the plantar fascia is a very minor contributor to their heel pain.

### When is heel pain not Plantar Fasciitis?

That is an excellent question. Dr. Steven Barrett developed the "Multiple Etiology Heel Pain Score" or MEHPS to determine if heel pain is caused by Plantar Fasciitis, Nerve Condition or both.

| Question  | No | Rarely | Sometimes | Yes |
|---|----|--------|-----------|-----|
| Is pain worse after a period of rest or first steps in the morning? | 0  | 1      | 2         | 3   |
| Do you have pain in both heels?                                     | 0  | 1      | 2         | 3   |
| Do you have burning pain in the heels?                              | 0  | 1      | 2         | 3   |
| Do you have pain at night or when off your feet?                    | 0  | 1      | 2         | 3   |
| Does your heel pain increase the longer you are on your feet?       | 0  | 1      | 2         | 3   |
| Does your heel pain increase throughout the day?                    | 0  | 1      | 2         | 3   |
| Do arch supports or orthotics make your heel pain worse?            | 0  | 1      | 2         | 3   |
| Add up all points for a Total Score:                                |    |        |           |     |

If you scored **less than 12** your heel pain is most likely caused by Plantar Fasciitis. If you scored **between 12 and 15** then you probably have pain caused by both Plantar Fasciitis and Nerve Entrapment. If your score is **above 15** the most likely cause of your heel pain is a Nerve Condition.

Other characteristics of heel pain caused by nerve condition are: burning, tingling and long-term pain. If you've had heel pain for more than 3 months, it's very likely a nerve condition is contributing to your heel pain. The other clue is pain when you push on the inside of your ankle behind the ankle bone. This can cause pain that radiates down into your foot. We use an ultrasound of the plantar fascia to make a quick diagnosis.

So, if you have chronic heel pain, it may not be just Plantar Fasciitis. A pinched nerve going into the bottom of the heel is a very common cause of heel pain and a type of Neuropathy. The right diagnosis is critical for a successful treatment. Give us a call and let's get your heel healed.

**Darren J. Silvester, DPM**

Next Step Foot & Ankle Clinic Podiatrist

### A Better Way to Treat Neuropathy



DARREN J. SILVESTER, DPM

## Symptoms of Neuropathy

- Burning
- Tingling
- Numbness
- Pain
- Loss of Balance
- Instability

*Get Help Now! You simply do not have to live with the pain of Neuropathy.*

*There is a Better Way to Treat Neuropathy.*

*Schedule your appointment with Dr. Silvester today!*

### A Better Way to Treat Neuropathy



DARREN J. SILVESTER, DPM

Have you requested our FREE Book  
"A Better Way to Treat Neuropathy"?  
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OUR  
PATIENTS**

**♥ Love Your Feet ♥**

Check Your Feet, We Have The Solution

**Dry Cracked Heels**

**BEFORE**



**AFTER**



**Fungal Nails**



Healthy nail with pinkish hue

Yellow discolored nail

Yellow, brittle and crumbling nail

Increasing severity of nail fungus infection →

Time To Check Your Arch Supports



Do your arch supports look worn out? It may be time to replace your arch supports. We sell ours for \$35 and they come in a variety of sizes.