

# FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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## **Does your child have heel pain?**

Heel pain is a common condition affecting adults. Conditions can range from a more common condition such as plantar fasciitis to less common conditions such as fracture, bone tumor or cyst. However, if your child complains of persistent heel pain or has trouble participating in previously tolerated sports or activities something else may be going on.

Growth plate injuries can be one of the causes of heel pain in children between the ages of 8-13. Growth plates begin to form in the heel around 7-9 years of age and are fully fused by 15-17. During the ages of 8-13 before the growth plate fully solidifies it can be prone to injury especially in a very active child.

If your child has persistent heel pain and swelling, wakes up at night in pain, limping, or has difficulty playing or performing athletic activities bring them to the Foot & Ankle Center of Frisco for evaluation. A simple X-ray and exam can help to rule out more serious conditions such as fracture, growth plate injury, or bone tumor.