

NOT ALL HEEL PAIN IS THE SAME

Heel pain affects up to 10% of adults at some point in their life. But not all heel pain is plantar fasciitis — here's how to tell the difference.



PLANTAR FASCIITIS

Symptoms:

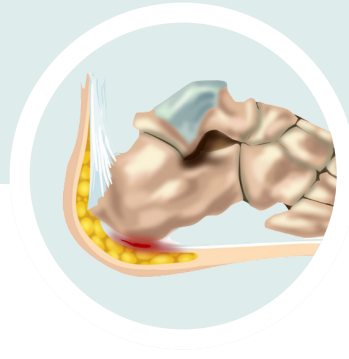
Sharp pain on the inside of the heel.

When It Hurts:

First steps in the morning or after sitting.

What Helps:

Stretching, walking, supportive shoes.



HEEL PAD SYNDROME

Symptoms:

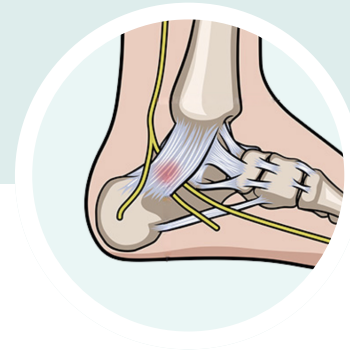
Deep, bruising pain under the center of the heel.

When It Hurts:

Walking barefoot or on hard surfaces.

What Helps:

Cushioned shoes, heel cups, rest.



TARSAL TUNNEL SYNDROME

Symptoms:

Burning, tingling, or pins-and-needles in the heel or foot.

When It Hurts:

At night or while resting.

What Helps:

Rest, proper footwear, targeted therapy.

The good news? Each type can be treated. Your provider can pinpoint the cause and match the best plan so you can get back on your feet.