

Introduction

Heel pain accounts for large number of patient visits to general orthopaedic surgeons . the most common cause of heel pain is planter fasciitis(also known in some circles as"heel spur syndrome). [1].

Inflammation of the planter fascia (a band of dense fibrous tissue- extending from heel bone "i.e.,calcaneus" to the ball of the foot). [2].

Posterior heel bursitis is ill-fitting foot wear with a stiff posterior edge that abrades the area of Achilles tendon insertion. Retrocalcaneal inflammation also may be associated with Achilles tendonitis and haglund's disease (abony spur on the superior aspect of the posterior calcaneus).and, occasionally, may be caused by systemic inflammatory arthritis such as rheumatoid arthritis . patients with posterior heel bursitis have redness and swelling of the affected bursa, which is tender on direct palpation.[3].

Heel pain accompanied by neuropathic features such as tingling,burning,or numbness may be indicat tarsal Tunnel syndrome.[4].

The thickness of heel fat pad decreases in relation to age and weight,resulting in decreased elasticity [5]

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Many investigations can be used for the diagnosis, Roentgenogram of the heel may reveal heel spur. The ultra sound, bone scintigraphy, nerve conduction velocity and magnetic resonance imaging are great value in the diagnosis [6].

Most of patients can be treated with Achilles tendon stretching, orthoses (physical therapy) and corticosteroid injection.[7].

Many surgical approaches have been proposed, with varying degree of success. surgical procedures include planter fasciectomy, calcaneal drilling, calcaneal rotational osteotomy, excision of the spur, medial calcaneal nerve or Baxter nerve neurolysis, and medial calcaneal nerve neuroectomy.[8].