



Know the facts on

Haglund's Bump

What is Haglund's Bump?

Haglund's heel bumps are formations of bony material that appear on the back of the heels. As the bony enlargement develops a small fluid-filled sac or bursa can also develop.

If the sac becomes inflamed a condition called bursitis can occur which can be very painful and may cause sensitivity and inflammation of the surrounding tissues such as those associated with the Achilles tendon. They can appear on either foot or both equally.



www.podsfixfeet.co.uk

What causes Haglund's Bump?

The deformities may be caused by the gait of the person as those who have a tendency to walk on the outer side of the heel may find they are more susceptible to the condition. It is also thought that genetics may play a role as these bone structures may be common amongst family members and generations.

What will happen if I leave it untreated?

If left, a condition called bursitis can occur on the heels which is very painful in most cases, this occurs because, as the bony lump develops a small fluid sac, known as a bursa can develop. It may also cause sensitivity and inflammation of the surrounding tissues such as those associated with the Achilles tendon.



What can help?

Making sure to rest up regularly can be a big help, also making sure to wear good fitting shoes and to avoid any low placed shoes that will exert pressure on the bump or the back of the heel, as this can exacerbate any inflammation and make it more painful. Also, placing the foot in ice can help to ease any symptoms.

What are the treatment options?

Initially the condition may be treated conservatively as this is less invasive and means the person is less likely to suffer side effects and complications. Pain relief, rest and ice application may help to reduce the discomfort, redness and swelling of the area. Those with hereditary problems such as high arches may find that orthotic devices such as heel pads or shoe inserts may help as this will relieve many of the associated problems.

Soft shoes and those that do not contain hard or constricting backs may help as these will allow the foot and heel to assume their natural shape. For those whose bump protrudes more significantly surgery may be recommended.