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HAGLUND'S DEFORMITY

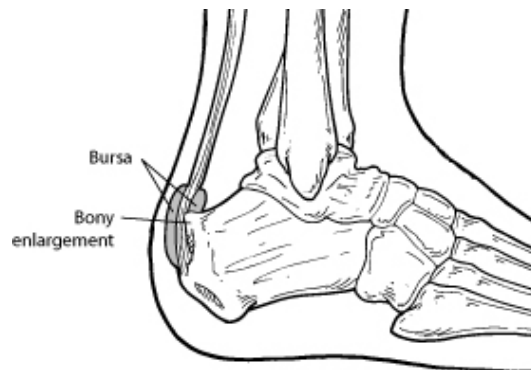
Haglund's deformity is an abnormal enlargement of the back of the heel bone. Haglund's is also referred to as a "pump bump" and is commonly seen in young women who wear high-heeled shoes and long distance runners.

Symptoms

A bump on the back of the heel that may be associated with pain, redness and swelling. Often times, the body forms a bursa (a fluid-filled sac) to help protect the area and this may also become inflamed ('bursitis'). Closed back shoes tend to rub this area and cause further irritation.

Treatment

Non-surgical treatment may include heel lifts, wearing open-back shoes, physical therapy, stretching exercises, and anti-inflammatory medications. Pain associated with bursitis can be treated with aspiration of the bursa or a cortisone injection. Orthotics may also be indicated. Surgical treatment entails removal of the portion of the heel bone which is enlarged as well as removal of an inflamed bursa. Since the surgical site is closely associated with the Achilles tendon, a period of non-weight bearing is required to allow the tendon to heal.



For More Information:

<http://www.foothealthfacts.org/footankleinfo/haglunds-deformity.htm>