

Haglund's Deformity

Do You Have a Large Bony Lump on the Back of Your Heel?

Haglund's Deformity Is Prominent Among High Heel Wearers!

A common condition that appears in women who wear heels is called "pump bump". It is also known as Haglund's deformity, and happens when a bony enlargement forms on the back of the heel. Haglund's deformity does not only happen to women, but men acquire the condition as well. Luckily, Dr. Harvey Danciger, of Palm Desert, CA, has experience in dealing with Haglund's deformity.

What is Haglund's Deformity?

When your foot rubs against the shoes you are wearing, it creates a significant amount of pressure. A bump forms and causes pain because of the bony protrusion rubbing against your footwear.

Why Does Haglund's Deformity Occur?

Haglund's deformity is caused by a number of different factors. However, the main trigger for the bump to develop is from wearing high heels, or pump style shoes. Heels have rigid backs, which add pressure to the back of the heel. Common causes of Haglund's deformity include:

- The deformity is inherited at birth
- Obesity or a sudden increase in weight
- Improper fitting shoes
- Activities that cause the foot to change function
- Trauma to the heel area

What are the Symptoms of Haglund's Deformity?

The main symptom of Haglund's deformity is pain on the back of the heel and a noticeable bump. You may also experience Achilles tendon irritation and the feeling of tightness around the heel area while running or walking.

How Can Dr. Harvey Danciger Help?

As soon as you experience heel pain, contact our office to seek treatment from Dr. Danciger. He is trained in the foot and ankle and can help your pain associated with Haglund's deformity.

Treatment will depend upon the severity of your condition. Common treatment options to help reduce pain and symptoms from Haglund's deformity include:

- The RICE method. Rest, ice, compression, and elevation are all helpful ways to decrease heel pain. It can also help reduce inflammation of the heel area. Using these methods in the earlier stages of Haglund's deformity will help manage the condition.
- Shoe modification. Since shoes are one of the most common causes of Haglund's deformity, changing to proper footwear is critical. Make sure shoes are not causing pressure and irritation on the heel.
- Orthotic inserts and padding. To accommodate for the deformity, custom made orthotics can be made to the shape of your foot. Orthotic inserts can provide proper support and cushioning for Haglund's deformity.
- Steroid injections. To help alleviate severe heel pain, cortisone injections may be used.
- Surgery. If basic treatments are not successful in treating Haglund's deformity, surgery may be needed. After surgery, immobilization and recovery time will need to occur.

Are you experiencing symptoms and pain of Haglund's deformity? Call our office to schedule an appointment with Dr. Danciger at (760) 568-0108. Dr. Danciger can evaluate your heel and diagnose your foot condition. The earlier you seek treatment from a podiatrist, the better your chances for mild treatment and a fast recovery.