



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



REQUEST AN APPOINTMENT 

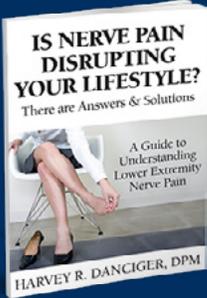
OUR OFFICE
74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260
VIEW MAP 

OUR WEBSITE
CoachellaValleyPodiatrist.com


CALL NOW: (760) 568-0108

Make a Plan to Conquer Heel Pain

Heel pain is a common complaint, especially among runners, but you don't have to let it stop you in your tracks! Follow these recovery and prevention tips to keep those heels happy!



GET FREE BOOK NOW 

01



Replace running shoes every 300 – 500 miles or sooner if you notice significant signs of wear and tear (in your shoes, or yourself!)

Stretch your calf muscles and Achilles tendons—when they're tight, they irritate your heel!



02

03



Look into a pair of custom orthotics that not only provide cushion and support, but also improve biomechanics that could possibly be the reason for your hurting heels.

Schedule some MLS laser therapy to relieve pain and inflammation faster than just rest and ice alone.

04



MEET YOUR DOCTOR

DR. HARVEY DANCIGER



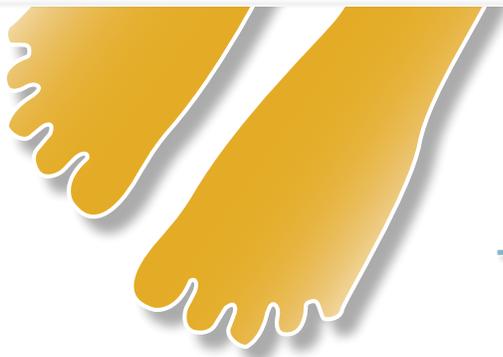
Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

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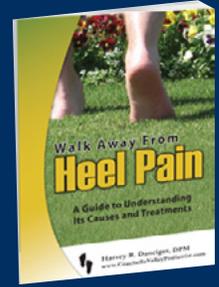


Watch for This Tell-Tale Sign of Plantar Fasciitis

This is the most common cause of heel pain, typically the result of overdoing activity, which is why distance runners commonly fall victim! It occurs when the plantar fascia, a band of tissues that connects your heel to your toes, becomes strained and swells, aggravating your heel where it attaches. It's signature symptom?

Heel pain in the morning. Because the plantar fascia goes from rest to suddenly stretching with your first steps of the day, it's most painful right when you get out of bed! It may subside once you get moving, but don't be fooled—it will return if you ignore the problem!

While plantar fasciitis is a common running companion, **heel spurs also like to tag along** with this condition. They form when the plantar fascia keeps pulling on the heel bone, causing it to calcify into a hook-like protrusion, adding to your troubles! Luckily, there's a simple solution—come see us for treatment as soon as you notice symptoms!



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“YOU HAVE COMPLETELY CHANGED MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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SERVICE AREAS

- HEEL PAIN ▶
- NERVE ISSUES ▶
- FUNGAL TOENAILS ▶
- LASER TREATMENT ▶
- DIABETIC FOOT CARE ▶
- BUNIONS ▶

Other causes of heel pain include:

Achilles Tendinitis

Heel Bruise or Fracture

Haglund's Deformity (A.K.A pump bump)

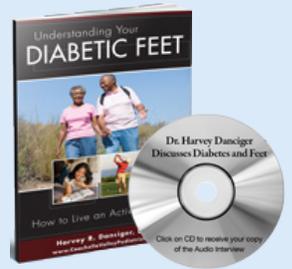
Arthritis

Tarsal Tunnel Syndrome

Excessive weight

And more!

There are many causes of heel pain, which is why accurate diagnosis is essential. If your heel hurts, call **(760) 568-0108** to reach our Palm Desert, CA office and **schedule a visit** with Dr. Harvey Danciger today!



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Sudoku Puzzle:

			2		5			
8						6		3
7								
9		7		5				8
	8		7		4			9
2				3				4
		3	6	7	2			
			9				4	

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Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).

6	8	1	2	9	3	7	5	4
4	2	3	1	5	7	8	9	6
5	7	9	4	8	6	2	1	3
2	3	5	6	4	8	1	7	9
7	1	6	9	2	5	3	4	8
8	9	4	7	3	1	5	6	2
9	4	8	5	7	2	6	3	1
1	5	2	3	6	4	9	8	7
3	6	7	8	1	9	4	2	5