



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



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Palm Desert, CA 92260

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CoachellaValleyPodiatrist.com



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IS NERVE PAIN DISRUPTING YOUR LIFESTYLE?
There are Answers & Solutions

A Guide to Understanding Lower Extremity Nerve Pain

HARVEY R. DANCIGER, DPM

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Although we treat foot and ankle problems of all kinds, one condition in particular tends to rise to the top of the list: Heel pain. In fact, it's estimated that more than a million Americans will seek medical attention for their heel pain this year alone—while millions more needlessly suffer in silence!

The truth is that, despite how common it is, heel pain can almost always be treated effectively by a podiatrist using conservative methods—and if more people knew this truth, we'd have a much happier and healthier society!

In order to advance the cause of education on this most pressing topic, let's take a closer look at why so many are suffering, what causes it, and what we can do for you.



Why Is Heel Pain So Common?

So why is heel pain such an epidemic problem in our society? Obviously, every case is unique to the individual, but there are some common risk factors.

01

Hard, flat surfaces. Our ancient ancestors mostly walked on grass and earth—not hard cement and linoleum! Unfortunately, our feet haven't quite caught up to our changing lifestyles.

02

Poor footwear. Fashionable shoes—as well as that old favorite pair of sneakers that wore out their midsoles long ago—may not be providing you with adequate cushioning and support for your heels.

03

Excess weight. It's no secret that obesity is a growing concern in our society. And heavier bodies mean a greater amount of weight and force on the feet.

04

An aging population. As you get older, the "cushion" of fatty tissue under your heels tends to thin out. This is one reason why heel pain is more common in older adults, although it's important to note that heel pain is high on the list of common problems even for younger folks (and even kids).

On top of these "modern" problems, your risk of developing heel pain increases if you have structural abnormalities in your feet, unsteadiness in your walking gait, you play a lot of high-impact sports, or you work a job that keeps you on your feet most of the day.

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!

LEARN MORE



READ OUR BLOG

Specific Heel Pain Diagnoses

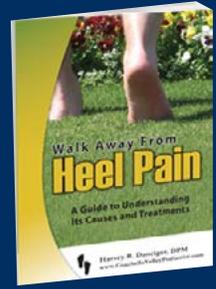


One other thing that is important to understand: “Heel pain” is not a diagnosis. It’s a symptom. There are actually a wide variety of medical problems that could be responsible for the pain that you feel.

Some of the most common include:

- **Plantar fasciitis.** In this condition, the tough band of tissue that runs across the bottom of your foot becomes overstrained and overstretched due to physical trauma. The classic, distinguishing symptom is pain that spikes when you first get up from resting. Chronic plantar fasciitis can lead to the development of heel spurs as well, which may or may not be painful on their own.
- **Achilles tendinitis.** In contrast to plantar fasciitis, you feel this pain at the back of the heel where the heel cord (Achilles tendon) meets the heel bone (calcaneus). Pain is often worst during or after physical activity.
- **Sever’s disease.** This is not actually a disease, but an overuse injury common among preteens and adolescents. At this age, the soft growth plate of the heel is relatively exposed and prone to damage and stress.

Other possibilities include bursitis, Haglund’s deformity, pinched nerves, stress fractures, bruises, and other problems. That’s why it’s so important to get an accurate diagnosis first!



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Heel Pain Treatment Options

While heel pain can have many causes and just as many diagnoses, here’s what they all have in common: they are not normal, and they can (and should) be treated. You deserve relief!

That said, our specific treatment recommendations may vary depending on a variety of factors, including the specific diagnosis, how severe your pain is, how long you’ve had it, what caused it, your lifestyle, and your personal goals.

Some approaches we may consider for your situation include:

- **RICE (rest, ice, compression, elevation) therapy.** In short, stop engaging in activities that are causing your pain, use ice and/or compression to control swelling and pain, and prop your feet up when you can. This is a good first-aid approach for almost all types of heel pain, and may be all that is required for mild to moderate cases.

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- **Injection therapy.** If pain is particularly tough or stubborn, we may provide an injection of corticosteroid. This can provide significant long-term pain relief.
- **Laser therapy.** Ever since we started using the MLS laser in our office, we've been blown away by the amazing results. This advanced regenerative technology stimulates and accelerates your body's natural healing processes on a cellular level—in addition to quickly relieving pain. If your heel pain is chronic, it can give your body the "kick" it needs to finally overcome the injury. And if it's recent, it'll help you recover faster.
- **Orthotics.** Whenever biomechanical or structural abnormalities play a role in the development of heel pain, there's a great chance that orthotics will be an important part of the solution. The right pair can rebalance and realign your feet, and give your arches and heels the support and cushioning they may be lacking.
- **Surgery.** Heel pain almost never requires surgery to treat—especially when laser therapy is a treatment option. However, on rare occasions we may suggest a surgical release of the plantar fascia for severe heel pain that is unresponsive to other treatments.

If you're one of the millions of Americans suffering from heel pain right now, know that it isn't normal, ignoring it will only make it worse—but above all, effective treatments are readily available from Dr. Harvey Danciger.

Please contact our Coachella Valley office today at (760) 568-0108 to schedule your appointment. We'd be delighted to help you!

Sudoku

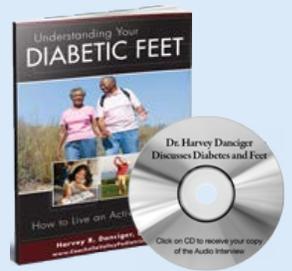
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