

I Have a Bone Spur in My Heel

Understanding Heel (Calcaneal) Spurs

What Is Causing Heel Spur Pain?

A heel spur is a bony growth on the heel bone (calcaneus) that develops from long-term strain at the attachment of the plantar fascia or Achilles tendon. Spurs are extremely common and often exist without causing any pain at all — when they are painful, it's usually the surrounding soft tissue, not the spur itself, that's the source.

What Does It Feel Like?

- Often no symptoms at all — many people have a spur and never know it
- When symptomatic: a sharp or aching pain at the bottom or back of the heel
- Pain that's worse with pressure directly on the heel
- Symptoms that closely mirror plantar fasciitis

What Causes It?

- Chronic plantar fasciitis
- Tight calf muscles limiting ankle motion
- Carrying extra body weight
- Abnormal foot mechanics or gait
- Age-related changes in the foot
- Prolonged standing on hard surfaces

What Makes It Worse?

- Walking barefoot on hard floors
- Prolonged standing
- Unsupportive footwear
- The first steps after rest, similar to plantar fasciitis

When Should I Be Concerned?

- Sudden, severe pain, swelling, or redness (possible infection or fracture)
- Complete inability to bear weight

The Good News

The good news is that it's rarely the spur itself causing the pain — it's the surrounding soft tissue inflammation, which responds very well to physical therapy: stretching, manual therapy, and supportive strategies like orthotics.

Most patients see meaningful relief within **6 to 8 weeks** of a consistent physical therapy program.

This information is for general educational purposes only and is not a substitute for a professional evaluation. Call us today — we have immediate openings with no waitlist.

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