

APRIL 2007 JOURNAL CLINICAL QUESTIONNAIRE/ANSWER SHEET

The following questions will apply for CME credit for the 2008-2009 recertification year. All completed answer sheets should be held until you receive your recertification notice in the mail (April of 2008). At that time, attach all JOURNAL answer sheets to your notice and mail to:

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HEEL PAIN

Heel pain has many causes and is a common problem that troubles people of all ages. Heel pain can be caused by the way the feet move or by the way the legs and feet are built. It can also result from an injury or a medical problem that affects the entire body. For many people, heel pain is part of aging. It shows up after the feet have supported the body through years of daily wear and tear.

Heel pain may have started days, weeks, or even months before the patient seeks help. At first they may have felt a dull _____ that didn't last. But now, they may feel intense _____ every day. For some people, heel pain worsens as the day goes on. For others, it's a sharp jab that strikes every time the heel touches the ground. Heel pain may be the _____ when they get out of bed in the morning, causing them to hobble for a few steps or a few minutes. In any case, heel pain can make standing or walking unbearable.

To find the root of the problem, a complete medical history and examination is performed. Many causes of heel pain produce similar symptoms, so special tests may be performed to confirm a diagnosis such as x-rays, magnetic resonance imaging (MRI), nerve studies and/or blood tests if arthritis is suspected. Once the underlying problem is identified a treatment plan will be developed.

A podiatric treatment plan starts with immediate care to _____ pain and swelling. Then, the _____ cause of the heel pain is treated. Depending on the problem, it may take several weeks or even months before full relief is obtained.

- ❖ IMMEDIATE CARE = Suggestions are usually made to lessen swelling. Some things can be done at home, other types of care such as strapping, may require office visits.
_____ *speeds healing* and limits the risk of further damage. Depending on the patient some activities may be limited.
_____ *helps reduce swelling* and controls pain. The use of ice or cold packs 3-4 times a day is usually recommended.
_____ *reduces swelling* and supports injured parts.
_____ *drains away excess fluid*, which reduces swelling.
- ❖ MEDICATION = Aspirin or ibuprofen can be used to control pain. In prescription dosages, these medications also reduce _____. To control extreme inflammation or pain, an injection of cortisone (an anti-inflammatory medication) may be used.
- ❖ STRAPPING = Straps or tape can be applied to reduce the _____ on tissues and help support bones and joints. Strapping may improve foot function, thereby reducing pain and swelling. This may determine if wearing orthoses will improve the condition. If strapping is helpful, orthoses may be prescribed alone or with other treatment.

- ❖ PHYSICAL THERAPY = Physical therapy such as ultrasound, deep heat, or water therapy may be used. These forms of physical therapy all _____ circulation and aid in healing bone, joint, and tissue problems. Exercises may also be recommended to stretch and strengthen the tissues in the feet.
- ❖ FOOT GEAR = Wearing proper foot gear can improve the way the feet feel. Shoes with laces, such as running shoes, provide some side-to-side support. Pumps or cowboy boots take stress off the _____ tendon, reducing the pull on the heel bone. To increase bone and joint support, foot gear with a rigid arch, such as a walking shoe may be recommended.
- ❖ ORTHOSES = Custom-made orthoses can improve foot movement or compensate for uneven leg length. Orthoses may be used alone or as follow-up treatment if surgery is performed. For best results orthoses should be worn with low heels. If the patient wears high heels or participates in sports they may need more than one pair of orthoses.
- ❖ SURGERY = In certain cases surgery may be suggested to release tight _____ or pinched _____. Surgery may also be performed to smooth sections of bone.

15 -- 13 correct answers	5 credits
12 -- 10 correct answers	4 credits
9 -- 7 correct answers	3 credits
6 -- 4 correct answers	2 credits
3 -- 1 correct answers	1 credit

Fill in the blanks with these words –

- worst elevation compression rest
- ice pain nerves increase
- inflammation underlying Achilles pull
- reduce ligaments ache

Name: _____

Address: _____

City, State, Zip: _____

