

## Bruised Heel/ Heel Pain.

### What is a bruised heel?

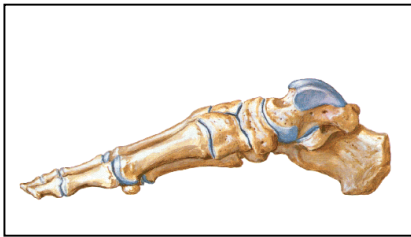


Figure 1: Heel Bone.

The heel bone (calcaneus) is protected by a pad of fat (See Figure 1). Repeated force of the heel on a surface can cause the fat pad to be damaged. This can occur when training on hard surfaces or when wearing inadequate footwear.

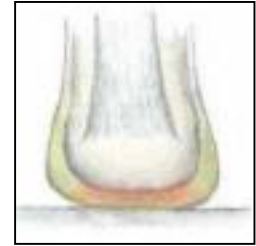


Figure 1: Heel Bone/ Fat Pad.

### What can the player do about it?



Figure 2: Heel Pad.

Initially rest and avoid the aggravating activity. The player can 'pad' the heel of their boot or shoes with a shock absorbing material or insole (See Figure 2). By replacing running shoes, if they are old or worn or if the soles have become weakened through use, the player can reduce the pain and help prevent further symptoms.



Figure 2: Heel Pad.

### What can a sports injury professional do?

A sports doctor or physiotherapist can confirm the diagnosis and advise on specialized inserts and padding. Usually, there is no active treatment necessary.

### How long will it take to heal?

If the injury is only a few days old and the player is able to stop playing and training and rest, the injury should recover within a few days. If the player ignores the warning signs of heel pain and the fat pad gets inflamed and damaged, then this injury is a difficult injury to treat. A physiotherapist will advise on rest from weight bearing activities, such as running and soccer and recommend an alternative management plan.