



# HAGLUND'S DEFORMITY





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## Cause

Haglund's deformity is a condition where the back of the heel bone becomes calcified and enlarged. This usually happens over time from pressure on the area, the most common cause being tight or ill fitting footwear.

## Symptoms

The increased internal pressure from the calcified bone can then further aggravate the surrounding soft tissue when rubbing on shoes. This often becomes painful due to bursitis formation which causes the area to become red and inflamed.

## Treatment

First and foremost it is vital to reduce stress to the area using padding or elastics on pointe shoes, other dance shoes and day to day footwear.

- ICE
- Soft tissue therapy - therapeutic ultrasound
- NSAID's
- Paracetamol
- Surgery in resistant cases

