

# Heel Pain

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Heel pain is one of the common conditions of the elderly (aged 40 to 60), particularly often happen in those over weight women and long-hours standing workers.

There are four causes will causing heel pain:

- (1) Inflammation of fatty pad.
- (2) Strained tendon and Tendonitis.
- (3) Osteological spurs.
- (4) Bursitis.

There are two causes of heel pain according to Chinese medicine:

- (1) The main cause is functional deficiencies of the Kidney, Liver and Spleen. If there is a deficiency of the Kidney function, bones will be lack supplement and become weaker. If there is a deficiency of the Liver function, ligaments and tendons cannot be maintained and will be lose strength. If there is a deficiency of the Spleen function, damp will remained and block the channels and collaterals and muscles will be lose strength too.
- (2) Over used and chronic strain.

Usually the heel is strongly pain when put the first step onto the floor in the morning or get up from a long sitting. It will be better after movement for a short while. It will become worse again after a long distance walking or stand still for a long time. There is swelling in the heel and a painful spot can be found. Osteological spur can be found in most of cases.

Applying Tuina in conjunction of herbal liquid soaking and herbal patches externally applied are very effective for heel pain. Most of cases have relieved pain in three to six visits. There are no one exceeds ten visits in the author's over 20 years clinical history. Of course, there may be, the author has not yet meet a very difficult case. Tuina (Chinese therapeutic massage, acupuncture and manipulation) can loosen stiffened soft tissues around the spur, improves local blood circulation, reduces swelling and relieves pain. Herbal medicine can assists in anti-inflammation of local soft tissues, reduction of swelling and the relief of pain. **Greatpatch-S** should be applied for the heel pain in the beginning when it is swelling and pain, then applied **Greatpatch-A** to strengthen bones and soft tissues and prevents the heel pain returns.