

SEE YOUR DOCTOR

Treatment Available For Those Suffering Heel Pain *Advice From The American Podiatric Medical Association*

(NAPSA)—There's encouraging news for the millions of Americans who suffer from heel pain: Treatment is available.

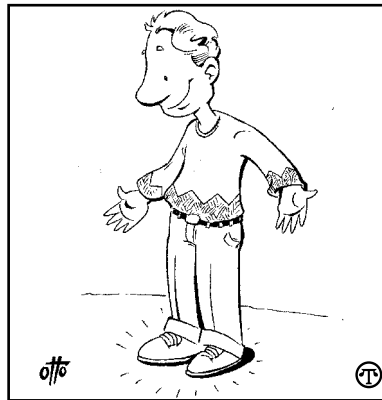
According to the American Podiatric Medical Association (APMA), heel pain is the number one condition that prompts people to see their podiatrist. The pain is generally the result of too much stress on the heel bone and soft tissues that are attached to it. The stress may result from injury, wearing poorly constructed shoes or being overweight. It can occur in the front, back or bottom of the heel.

If you can answer "yes" to one or more of the following questions, you may want to see a podiatric physician for a complete diagnosis:

- Do you have pain in your heels first thing in the morning?
- Do you have heel pain after getting up from a prolonged period of resting?
- Have you had heel pain for longer than one month?

A podiatrist can perform an X-ray examination—and early treatment might involve oral or injectable anti-inflammatory medication, exercise and shoe recommendations, taping or strapping, or use of shoe inserts or orthotic devices.

Meanwhile, the APMA recom-



If the shoe fits, it may be a good way to help alleviate heel pain. Ask your podiatric specialist.

mends these tips to prevent heel pain:

- Wear shoes that fit well. They should have shock-absorbent soles, rigid shanks and supportive heel counters.
- Wear the proper shoes for each activity.
- Prepare properly before exercising. Warm up and do stretching exercises both before and after any physical activity.
- Maintain a normal weight.

For more information on heel pain and general foot health, visit the Web site at www.apma.org, or call 1-800-FOOTCARE to request a free brochure.