



Calcaneal spur: a debilitating disorder?

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ABSTRACT

The frequency of Achilles tendinopathy caused by spurs has been reported in several studies in both athletes and the general population. Long distance runners have a risk of developing calcaneal spur of 52%. Although these frequency rates have been recorded in the athletic population, Achilles tendinopathy is not always associated with excessive physical activity. The feet tend to be the most neglected part of the body, being the part highly dependent on daily work and mobility. The lack of care for them can lead to painful conditions such as calcaneal spurs. These are bony projections that form around the calcaneal bone, the strongest, most significant, and posterior bone of the feet. The classic symptom of a calcaneal spur is talalgia, commonly known as heel pain. Objective: To report the presence of a plantar calcaneal spur and another at the insertion of the Achilles tendon bilaterally. Case report: A 58-year-old female patient came to the clinic with a history of bilateral heel pain when walking, more pronounced on the left side, which started two years ago. An X-ray of the ankle and foot was requested, where an enthesophyte could be seen at the calcaneal tendon insertion and in the plantar fascia of the calcaneus in both the right and left foot. After the spur was diagnosed, she was medicated with non-hormonal anti-inflammatory drugs and referred to physical therapy. Conclusion: Conservative clinical treatment produces satisfactory results in the treatment of calcaneal spurs.