

IMMEDIATE RELEASE

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## **Survey Shows Nearly 40 Percent of Americans Reel From Heel Pain**

### *Neglecting Immediate Treatment by a Podiatrist May Lead to Long-Term Foot Ailments*

Seattle, WA., April 2 2009/ -- While foot problems such as bunions, corns and dry, cracked skin affect many Americans on a daily basis, one particular ailment -- heel pain -- stands out among foot disorders, according to a new survey by the American Podiatric Medical Association (APMA).

The 2009 APMA survey, which polled close to 420 Americans aged 18 and older, found that 39 percent of adults have experienced heel pain more than any other foot ailment within the last 12 months. Additionally, nearly 60 percent of respondents believed they suffered heel pain while wearing ill-fitting footwear. However, 64 percent of respondents said they had not yet visited a medical professional -- such as a podiatrist -- to diagnose and treat their heel pain.

"Heel pain is a detrimental foot ailment that affects millions of Americans every day, and foot pain of any kind is not normal," said Larry Huppin, DPM, of the Foot and Ankle Center of Washington. "If detected early, most types of heel pain -- including the most common, plantar fasciitis -- can be treated with non-invasive treatment options. However, the longer one waits to have their heel pain evaluated, the more difficult it is to successfully treat."

Sixteen percent of Americans surveyed regularly experience heel pain. Wearing shoes that fit well, wearing the proper shoes for each activity, not wearing shoes with excessive or uneven worn heels or soles, and stretching foot and ankle muscles properly before exercising are several ways to avoid heel pain altogether. However, visiting a podiatric physician, also known as a podiatrist, as soon as foot pain is experienced drastically improves the chance of finding a solution for heel pain.

To view a full summary of the results from the APMA's 2009 foot ailments survey with a focus on heel pain, please visit [www.apma.org/heelpain](http://www.apma.org/heelpain).

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