

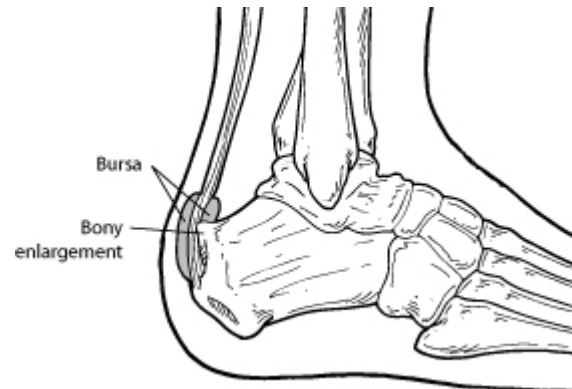
Haglund's Deformity

What Is Haglund's Deformity?

Haglund's deformity is a bony enlargement on the back of the heel. The soft tissue near the Achilles tendon becomes irritated when the bony enlargement rubs against shoes. This often leads to painful bursitis, which is an inflammation of the bursa (a fluid-filled sac between the tendon and bone).

Causes

Haglund's deformity is often called "pump bump" because the rigid backs of pump-style shoes can create pressure that aggravates the enlargement when walking. In fact, any shoes with a rigid back, such as ice skates, men's dress shoes, or women's pumps, can cause this irritation.



To some extent, heredity plays a role in Haglund's deformity. Inherited foot structures that can make one prone to developing this condition include:

- A high-arched foot
- A tight Achilles tendon
- A tendency to walk on the outside of the heel.

Symptoms

Haglund's deformity can occur in one or both feet. The symptoms include:

- A noticeable bump on the back of the heel
- Pain in the area where the Achilles tendon attaches to the heel
- Swelling in the back of the heel
- Redness near the inflamed tissue

Diagnosis

After evaluating the patient's symptoms, the foot and ankle surgeon will examine the foot. In addition, x-rays will be ordered to help the surgeon evaluate the structure of the heel bone.

Call to schedule your appointment today.

Copyright © 2012 | American College of Foot and Ankle Surgeons (ACFAS)