

# Calcar calcanei

Calcar calcanei or **spur** is a deformity in the area of the heel bone. It most often arises between the ages of 40. and 60. and is usually present **bilaterally** .

## Etiology

It is caused by **calcification and ossification of inflammatory changes** in the attachment of the short muscles of the leg and the plantar aponeurosis on the hump of the heel bone.

## Clinical picture

Clinically, **the pain is located in the middle of the tread surface of the heel**. Pain can limit or even make walking impossible. During the examination, palpable pain appears at the attachment of short muscles and the plantar aponeurosis to the heel bone.

On the X-ray we can see a pointed exostosis of various sizes, which extends from *the processus medialis calcanei* towards the front.



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## Therapy

We choose conservative treatment, which consists in relieving the heel **with a special insole**. The insole will lighten the step at the point of the spur, it is advisable to use a soft heel. Spraying of the painful area, physical treatment or X-ray irradiation can also be used.

## Links

### Related Articles

- Haglund's exostosis

### References

- SOSNA, A. – VAVŘÍK, P. – KRBEC, M., et al. *Základy ortopedie*. 1. edition. Prague : Triton, 2001. ISBN 80-7254-202-8.