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Heel Pain and Stone bruised heels - Calf muscle cramps

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Bruised heels are very painful. It usually happens because of bony projections on the bottom of the heel bone. There are similar diseases to bruised heels such as plantar calcaneal bursitis and plantar fasciitis. They all cause pain in the heels, but they are different from bruised heels.

A bruised heel may occur due to traumatic injury. It may also happen chronically as a result to continued pressure on the heels such as running with bare feet on concrete. Traumatic injury may occur because of landing hard on a concrete land with bare feet. It is very important to recall the traumatic injury when suffering from bruised heels. It will help your doctor differentiate between bruised heels and diseases with similar symptoms.

Bruised heels can be treated by avoiding high pressure put on the heels. Avoid landing on concrete surfaces with unprotected feet. Wear well-fitted shoes that add cushioning and support to the heels. DocPods offers Ultra Soft Orthotics which is very helpful for these conditions. They also offer Solemates heel cups which provide the heels with cushioning and support. Recovery from bruised heels takes time depending on how bad the pain is, so it is better to treat the pain as soon as it appears. In some cases, a cortisone injection is needed to reduce the pain caused by the bruised heels.

Calf muscle cramps are very common. The older you are, the more vulnerable you are to muscle cramps. They happen most of the time in the calf, but they may happen in other muscle areas well.

Calf muscle cramps happen due to tough, prolonged activity on the muscle, most likely after running for long distances. Cramps usually occur at night while sleeping. This is because during sleep, bent knees and flexed feet result in shortening the calf muscle. Any further movement in the calf results in what is called a cramp. Cramps may also happen because of dehydration, low blood sugar level, nerve disorders or excessive alcohol use.

Cramps usually last for seconds or minutes; at most 15 minutes. The muscle may still be sore as much as 24 hours after the cramp occurs. When you experience a cramp, stop what youâ€™re doing and gently move your legs so that the cramped muscle is stretched. Stand against the wall and position your legs one behind the other. Your heels must touch the ground. Bend slightly toward the wall so that the calf is stretched perfectly. While sitting, lift your toes and extend your legs. While lying down, extend your legs and point your toes towards yourself. You may use ice packs to reduce the pain caused by the cramp.

To prevent cramps from occurring, you should warm up and stretch your muscles sufficiently; especially before any prolonged activity. This is very important because cold muscles are more vulnerable to injuries than warmed ones. Keep yourself hydrated most of the time and wear well-fitted orthotics provided by DocPods; they help support your feet throughout the day.

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