

Haglund's Deformity

Haglund's Deformity is a bony enlargement of the back of the heel bone. Sometimes it is called "pump bump" because the deformity often occurs in women who wear pumps.

Causes

The shape of your foot can add to the development of Haglund's Deformity. You are more likely to develop Haglund's Deformity than other people if you:

- Have high arches.
- Have a tight Achilles tendon.
- Walk on the outside of your feet.
- Wear shoes with a firm, rigid back.

Symptoms

The primary symptom of Haglund's Deformity is an enlarged bony prominence on the back of the heel and heel pain. You might also develop blisters on your heels because of your shoes rubbing against the bump.

Home Care

Heel pads placed in the backs of your shoes may relieve and redistribute some of the pressure. Applying ice to the area after removing your shoes may ease some of the pain and discomfort. Switching shoes can help, too. If you have otherwise normal feet, wearing open-heeled shoes may provide relief. Open-heeled shoes are not a good idea if you have tendinitis, bunions, foot pain, or a structural deformity of the foot.

When to Visit a Podiatrist

If the pain continues even with home remedies, or if the bump continues to get bigger, it is time to see a podiatrist. A podiatrist can evaluate your feet and create a treatment plan tailored to your feet.

Diagnosis and Treatment

A podiatrist will begin by examining your feet and take a complete medical history. X-rays may be ordered to get a good look at the structure of your feet. An MRI or ultrasound might be ordered as well.

Treatment will depend on how serious the condition is. Options include:

- **Shoe modification.** Your podiatrist can suggest over-the-counter heel pads, heel lifts, arch supports, or create custom orthotic supports to change the position of your feet in your shoes. This can help relieve pressure on the back of your foot.
- **Medicine.** Topical anti-inflammatory medicine, applied directly to the heel, may help pain relief. Oral anti-inflammatory medicine (ibuprofen) can also help.
- **Immobilization.** If the area is inflamed, a custom-made soft cast or walking boot may be used to immobilize the area and allow it to heal.
- **Surgery.** If none of the non-surgical methods offer enough relief, your podiatrist may recommend surgery to correct the deformity. Podiatrists are specially trained foot and ankle surgeons who can surgically re-shape the heel bone.