

Haglund's Deformity

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What is Haglund's Deformity?



Haglund's deformity, often referred to as "pump bump," is a bony enlargement on the back of the heel. This condition can cause significant discomfort and impact daily activities. Let's delve into what Haglund's deformity is, its causes, symptoms, and available treatment options.

Haglund's deformity is characterized by a bony protrusion on the posterior aspect of the heel bone (calcaneus). This enlargement can lead to irritation and inflammation of the surrounding soft tissues, particularly the Achilles tendon and the bursa (a fluid-filled sac that cushions the tendon).

Causes

Several factors can contribute to the development of Haglund's deformity:

Foot Structure: Individuals with high arches or a tight Achilles tendon are more prone to developing this condition. These structural abnormalities can increase pressure on the heel bone.

Footwear: Wearing shoes with rigid backs, such as high heels or stiff dress shoes, can exacerbate the condition by rubbing against the bony prominence.

Genetics: A family history of foot problems can increase the likelihood of developing Haglund's deformity.

Activity Level: Activities that involve repetitive stress on the heel, as running or walking on hard surfaces, can contribute to the formation of the deformity.



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Symptoms

The symptoms of Haglund's deformity can vary in severity but often include:

Pain: Discomfort or pain at the back of the heel, especially when wearing shoes that press against the area.

Swelling: Inflammation and swelling around the bony protrusion.

Redness: The skin over the affected area may become red and irritated.

Bursitis: Inflammation of the bursa, leading to additional pain and swelling.

Treatment

Treatment for Haglund's deformity aims to reduce pain and inflammation, and in some cases, address the underlying bony enlargement. Here are some common approaches:

Conservative Treatments

Footwear Modifications: Switching to shoes with soft backs or open heels can help reduce pressure on the affected area.



Orthotic Devices: Custom orthotics or heel pads can provide cushioning and support to alleviate discomfort.

Physical Therapy: Stretching exercises for the Achilles tendon and calf muscles can help reduce tension and improve flexibility.

Ice Therapy: Applying ice packs to the affected area can help reduce inflammation and pain.



Medications: Nonsteroidal anti-inflammatory drugs (NSAIDs) can help manage pain and reduce inflammation.

Medical Interventions

Corticosteroid Injections: In some cases, corticosteroid injections may be administered to reduce inflammation and pain.



Surgery: If conservative treatments fail to provide relief, surgical intervention may be considered. Surgery typically involves removing the bony prominence and repairing any damaged soft tissues.

Conclusion

Haglund's deformity can be a painful and frustrating condition, but with the right approach, it can be managed effectively. If you suspect you have Haglund's deformity, it's important to consult with a healthcare professional for an accurate diagnosis and personalized treatment plan. By addressing the underlying causes and following appropriate treatment strategies, you can alleviate symptoms and improve your quality of life.