



## Haglund's Deformity (Retrocalcaneal Bursitis)



### Overview

This is a bump that forms on the back of the heel bone. It can irritate the bursa (that's a fluid-filled sac) on the back of your heel. This causes the bursa to become painful and swollen.

### Causes

What causes Haglund's deformity? It happens when you wear shoes that press against the back of the heel. Women's pump-style shoes are often the culprit. But any shoes with a hard back can cause it. The structure of your foot also plays a role. Things like high arches, a tight Achilles tendon, and walking on the outside of your heel can raise your risk for Haglund's deformity.

### Symptoms

What are the symptoms? You'll feel a bump on the back of one or both of your heels. You may have pain, redness and swelling in the area. It may be hard for you to wear some shoes comfortably.

### Treatment

How do we treat Haglund's deformity? There are a range of options. Medicine and ice help with inflammation. Wearing different shoes that don't press against the heel can help reduce irritation. Heel lifts or pads and orthotic devices can help, too. If these don't help, you may need a cast, boot or surgery. Your doctor will create a plan that's right for you.

