Abstract: Introduction:

Heel pain is a common health problem affecting the active people of both genders, specially those with prolonged periods of activities on standing position.

Objective:

To assess the causes of heel pain and to study the relationship of heel pain with radiological finding of calcaneal spur and other parameters.

Patients and methods:

One hundred patients from those attending rheumatology unit in our teaching hospital with the complaint of heel pain were studied for the presence of radiological changes, its relationship with age, gender and body weight.

Results:

Seventy-three females with 27 male patients were included in the study, with female-to-male ratio of 2.7:1.3. Mean age was 40.64 years. There were 62 out of 100 cases with positive radiographic finding of calcaneal spur, as follows: 21 of them had unilateral spur and 41 had bilateral spur. The prevalence of heel pain with calcaneal spur is more in females due to prolonged standing and over work specially at home and in those female patients with increased bodyweight.

Health education and proper body weight and properly fitting shoes may reduce this health problem.

Conclusion:

(1) Heel pain is more in females than males and it is bilateral more than unilateral.

(2) There is some positive correlation between duration of symptoms, body weight and radiological spur formation.

Recommendations:

(1) Because this pathological condition may affect the functional capacity, it needs prompt prevention and management with the available pharmacological and physical remedies.

(2) More research works should be encouraged for the study of preventive aspects in the management.