

Haglund's Deformity (Pump Bump)

Haglund's deformity is a bony enlargement that occurs on the back part of the heel bone. It is often called pump bump because this deformity often occurs in women who tend to wear a lot of pumps.

The shape of your feet is often a contributing factor to the development of Haglund's deformity. If you have higher arches, a tendency to walk on the outside parts of your feet or a tight Achilles tendon, you are far more likely to develop the condition than others are. Wearing shoes with a rigid, firm back can also contribute to your developing this condition.

Haglund's Deformity Anatomy

The heel bone (calcaneus) is the largest out of all the bones in the foot. The large Achilles tendon is attached to the back part of the heel bone. Nestled between the Achilles tendon and the bone, a small, lubricated sac of tissue that allows the tendons to slide against the bone easily during the foot movements. Bursae can be found in many places that the body tissues have to move against each other.

How to Treat Haglund's Deformity (Pump Bump):

1. Shoe Modification

You might be recommended an over-the-counter heel pad, lift, arch support or customized orthotic to help change your foot position within your shoes and alleviate any undue pressure placed on the back part of the foot.

2. Medication

A topical anti-inflammatory medication, which is applied directly to the heel, can help to provide pain relief. Ice can also be used to reduce pain and inflammation.

3. Immobilization

If the area is really inflamed, you might have to implore the use of a custom-made cast or a walking boot to help immobilize the area and allow the area the time it needs to heal.

4. Surgery

If none of the aforementioned methods prove beneficial and provide you with adequate relief, it might be necessary to have surgery for correcting the deformity. A special surgeon will be able to reshape the heel bone surgically.

5. Alleviate Pressure

One of the best methods for alleviating pressure from the back part of the heel is to wear shoes that don't have a back to them, such as flips-flops or clogs. If you have to wear shoes with a back in them, try wearing a pad on the back part of the heel to get a degree of relief. Staying out of shoes as much as you can will help to reduce inflammation and pain from the condition.

Tips:

- After removing your shoes, you might want to apply ice to the affected area to help ease some of the discomfort and pain.
- If your foot is otherwise normal, you might find relief from wearing shoes that are open-heeled. For those with bunions, foot pain, tendinitis or a deformity of the foot, this isn't recommended.
- Try switching your shoes to see if you can alleviate some of the pressure on the heel.
- Heel pads can help to redistribute some of the pressure in the foot.
- Avoid wearing shoes that have a rigid back to them.