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Calcaneal osteochondroma masquerading as plantar fasciitis: An approach to plantar heel pain – A case report and literature review

Koh D *et al.* Calcaneal osteochondroma masquerading as plantar fasciitis

Don Koh, Yvonne Goh, Nicholas Yeo

Abstract

BACKGROUND

Heel pain is a common orthopaedic complaint and if left untreated, can be a source of chronic morbidity. Accurate diagnosis can be challenging, owing to the complex anatomy and multiple pain generators present in the foot. We aim to share our clinical experience managing an unusual case of chronic heel pain secondary to osteochondroma

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The **Plantar Heel Pain Treatment Ladder** illustrates the stepwise **approach** to the ubiquitous condition of **plantar heel pain**. Initial treatment alternatives should be simple and cost-effective, whereas more resistant cases require more aggressive treatment. Few patients with **plantar heel pain** require surgical or invasive treatment therapies.

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