Dr Kaihan Yao
ORTHOPAEDIC SURGEON

P 03 9125 1111 | F 03 9125 1112
E admin@drkaiyao.com.au
W www.drkaiyao.com.au

Mulgrave Private Hospital
Churchill Consulting Suites
48 Blanton Dr, Mulgrave VIC 3170

Waverley Private Hospital
Waverley Private Consulting Suites
343 Blackburn Rd, Mt Waverley VIC 3149

Mitcham Private Hospital
Mitcham Private Consulting Suites,
23 Doncaster East Rd, Mitcham VIC 3132

Hartnett Clinic Seaford
2 Hartnett Drive
Seaford VIC 3198

Calcaneal (Heel Bone) Fractures

What is a Calcaneal Fracture?

A calcaneal fracture is a break in the heel bone, which is located at the back of your foot. This injury often occurs from a fall, such as landing on your feet from a height or in a car accident.

What causes Calcaneal Fractures?

Calcaneal fractures can happen due to various reasons, including:

- Falls from a height
- Trauma, such as a car accident or a severe blow to the heel

What are the symptoms associated with Calcaneal Fractures?

Signs that you might have an calcaneal fracture after an injury include:

- Intense pain in the heel area
- Swelling and bruising
- Difficulty or inability to put weight on the affected leg
- Limited range of motion

How are Calcaneal Fractures diagnosed?

If you suspect a calcaneal fracture, it is essential to consult a healthcare professional. Dr Kaihan Yao is an Orthopaedic Surgeon specialising in foot and ankle surgery who can help you. A consult with Dr Yao typically involves:

- **Taking a history**: Taking a history enables Dr Yao to better understand your injury
- **Conducting a physical examination**: Dr Yao will check your affected foot, evaluating movement and assessing pain levels
- **Ordering imaging tests**: Dr Yao may organise for X-rays, CT scans or MRIs to rule out other conditions or confirm the diagnosis of a calcaneal fracture

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How are Calcaneal Fractures treated?

Treatment for a calcaneal fracture depends on the severity and type of fracture. Dr Yao will work closely with you to identify and implement a personalised treatment strategy that is best for you.

- **Immobilisation**: A splint, cast or boot may be required to keep the foot and ankle stable and allow the bones to heal properly
- **Medications**: Over-the-counter pain relievers or prescription medications can help manage pain and discomfort during the healing process
- **Rest**: Keeping the affected foot elevated and avoiding putting weight on it can help in reducing swelling and facilitating healing
- **Physiotherapy**: Once the bones have healed adequately, physiotherapy may be recommended to restore strength, flexibility and range of motion in the foot and ankle
- **Surgery**: In some cases, surgery may be necessary to realign the calcaneus and fix them with screws and / or plates to restore the shape of the foot, facilitate proper healing and to reduce the risk of developing post-traumatic arthritis in the foot and ankle.

Conclusion

If you have suffered an injury to your foot, or are concerned about a calcaneal fracture, Dr Yao can assist you by establishing an accurate diagnosis, providing you with further information and recommending appropriate treatment options tailored to your needs.

[Note: This patient information sheet is for general understanding and should not replace professional medical advice. Always consult a healthcare provider for accurate diagnosis and treatment.]