

HAGLUND SYNDROME: A PECULIARITY CAUSE OF HEEL PAIN

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Introduction: Heel pain is a common ankle problem and has a variety of causes. Haglund's syndrome is one of the causes of posterior heel pain¹. It consists of insertional Achilles tendinopathy, retrocalcaneal bursitis, and Haglund deformity.

Discussion: 51-year-old, female presented with right heel pain for 1 year. The pain occurred with walking and the pain got worsening even at rest. No history of trauma. There is tenderness at the posterior right heel. Thompson test is negative. X-ray right ankle lateral view showed bony enlargement at the posterosuperior of calcaneum which is Haglund deformity, the calcaneal spur at Achilles tendon insertion, and loss of lucency in retrocalcaneal recess suggesting retrocalcaneal bursitis. Her symptoms were not resolved with analgesia and physiotherapy. So, she underwent surgery of excision Haglund deformity, retrocalcaneal bursa, and calcaneal bony spur followed by anchor suture Achilles tendon. After the operation, she was put on the dorsal slab to keep the foot in plantar flexion for 2 weeks. The dorsal slab was changed to air cast for another 2 weeks. She was able to fully weight bear without pain after 4 weeks post-operation Haglund's syndrome is a common clinical condition for posterior heel pain². Haglund's syndrome usually diagnosed by a combination of clinical and radiological assessment of X-ray of ankle lateral view¹. The diagnosis of Haglund's syndrome is often confusing as the clinical picture may mimic other causes of hindfoot pain such as systemic inflammatory joint disorder². If conservative treatment is not effective then surgical treatment is used.

Conclusion: Surgery yield good outcome in improving patient's symptoms with Haglund syndrome when conservative treatment fails.