

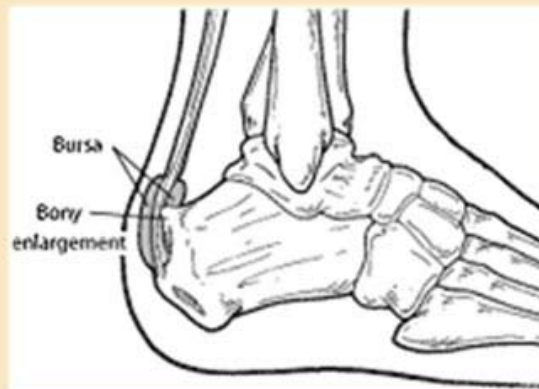


## Patient Resources

### Haglund's Deformity – A New Minimally Invasive Treatment

Haglund's Deformity is a condition caused by a prominent bump on the back of the heel at the area of the Achilles tendon.

This "pump bump", so named because it's common in women who wear high-heeled shoes, can cause great pain and discomfort.



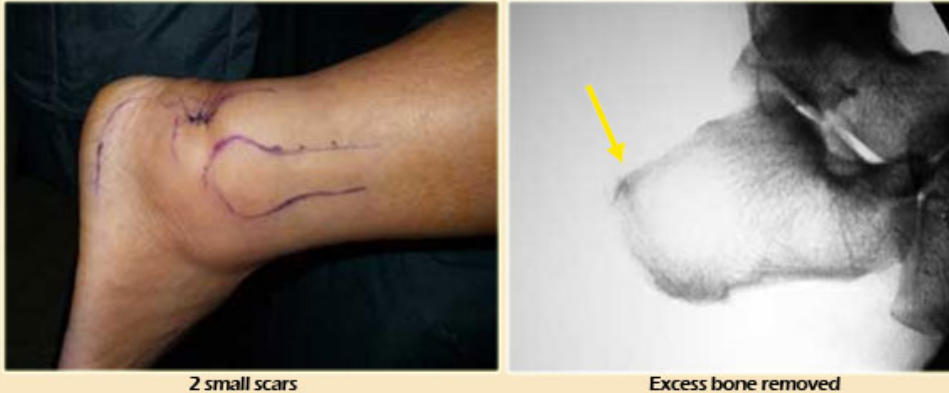
### Treatment

- Mild cases can be treated with:
  - Ice
  - Compression
  - Change of shoe-wear
  - Foot orthotics
  - Cortisone injections in this area are not recommended because the chance of rupture of the Achilles tendon is high
- In many cases where the bone is enlarged surgical excision is required

### Haglund's Deformity



### Endoscopic Treatment



2 small scars

Excess bone removed

Please note that the information contained herein is for general medical information only. If you have any specific medical condition or queries, please **consult** your medical doctor.

#### HC Chang Orthopaedic Surgery (Pte.) Ltd.

6 Napier Road #04-06,  
Gleneagles Medical Centre,  
Singapore 258499  
Tel: (65) 6836 6636



820 Thomson Road, 02-20,  
Mt Alvernia Medical Centre A,  
Singapore 574623  
Tel: (65) 6258 0080

Fax: (65) 3125 7345

[Home](#) | [Profile](#) | [Services](#) | [Sports Medicine](#) | [Patient Resources](#) | [In the Press](#) | [Contact Us](#)

Copyright ©2008 HC Chang Orthopaedic Surgery Pte. Ltd.