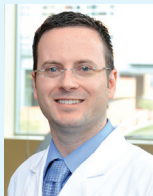


# **“Experts in Their Field”**

## **Special Promotional Q & A Series**

**Q. My daughter plays soccer and is complaining of a sharp pain in her heel when she runs. Other parents said their children had similar problems and that it is normal. Should I be concerned or not?**

A. One of the most common problems that a child between 10 to 14 can suffer from is heel pain. Athletic children can irritate the growth plate in their heel bone, causing extreme pain at practices and during games. This situation, although painful, is generally easy to treat and will disappear when the growth plate closes.



**Meet The Expert**

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Dr. Wittock specializes in both surgical and non-surgical treatments of conditions of the ankle and foot. He is double board certified in ankle/rear-foot reconstructive surgery as well as in foot surgery.

**Do you have ankle or foot problems?**



**Contact Dr. Wittock**  
**Ankle and Foot Institute**  
**(636) 717-1100**