



PATIENT EDUCATION

Heel spur pain & low-dose radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What is this condition?

A calcaneal spur is extra bone at the heel where fascia or tendons pull. The spur on an X-ray is not always the pain generator — plantar fasciitis often is. Most people improve with shoes, stretching, weight-bearing changes, and time. Low-dose radiation is considered for chronic pain that has failed those steps, similar to other inflammatory enthesopathies.

What you may notice

- First-step-in-the-morning heel pain
- Pain after long standing
- An X-ray that shows a spur — which may or may not be the whole story
- A prior plantar-fasciitis course of PT that helped only partly

Usual care

Supportive shoes, calf and fascia stretching, night splints, and weight management are first-line. Injections and procedures are used selectively. Surgery is uncommon.

Where CureRays may fit. CureRays may offer low-dose image-guided radiation to a selected painful heel after a fair trial of conservative care, using the same clinic approach as plantar fasciitis. We will examine the fascia, not only the X-ray. Confirm with podiatry or sports medicine when they are already involved.

What treatment usually involves

- Exam and imaging review
- A short outpatient series to the heel
- A cushion so the foot is still and comfortable
- A written stretch-and-shoe plan to continue

Immobilization — why it matters

A foot rest or vac-cushion keeps the heel in the beam. You walk out afterward. Avoid a weekend of new hill running unless we say the tissues are ready.



Side effects you should know about

Low-dose or superficial courses use much less dose than most cancer plans. Effects are usually local. Confirm your list with your clinician — this is not a consent form.

- **Fatigue** — usually mild.
- **Temporary ache** in the heel.
- **Skin** redness on the sole or side of the heel.
- **Rare / serious.** Fever, calf swelling, or inability to bear weight after a fall.

What this means for you at CureRays

Radiation is an add-on for a chronic, selected heel — not a first visit treatment. Keep stretching; the beam does not replace shoes.

Questions to ask

- Have I completed a real PT and shoe trial?
- Are you treating fascia, spur, or both?
- What activity is allowed during the course?
- When do we judge whether it helped?

How to schedule or learn more

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