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## The Heel Pain Scoring System

### Scoring

Yes = 3 points

Sometimes = 2 points

Rarely = 1 point

No = 0 points

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Is your pain worse after periods of rest or with the first steps in the morning?	3	2	1	0
Does your heel pain increase with the length of time you are on your feet?	3	2	1	0
Do you have pain in your heel(s) at night or when you are at rest?	3	2	1	0
Does your pain worsen throughout the day?	3	2	1	0
Do you have pain in both heels?	3	2	1	0

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Add three points if you have had prior treatment of your heel pain with orthotic devices, which made the pain feel worse.

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< 12 Points = Most likely a single etiology plantar fasciosis

12-15 Points = Probably multiple etiologies with both fasciosis and neurogenic etiology

> 15 Points = Nerve entrapment or neurogenic etiology is likely the most significant Contributor to the patient's symptoms