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RADIOLOGICAL FEATURES IN HAGLUND SYNDROME RADIOLOGICAL FEATURES IN HAGLUND SYNDROME

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SUMMARY
Haglund syndrome is an important cause to be investigated in patients who present with pain located in the heel, which may be unilateral or bilateral. The diagnosis of Haglund syndrome includes the analysis of clinical signs and may be aided by radiological examinations. Initially, treatment of this disease usually includes analgesic medication and physical therapy.
Keywords:heel, pain, diagnosis, radiology.

ABSTRACT
Haglund syndrome is an important cause to be investigated in patients who have localized pain in the heel, which can be unilateral or bilateral. The diagnosis of Haglund syndrome includes analysis of clinical signs and may be aided by radiological examinations. Initially, the treatment of this condition usually includes analgesic medication and physiotherapy.
Keywords:heel, pain, diagnosis, radiology.

INTRODUCTION

Haglund syndrome includes Haglund's deformity, which is a posterior superior calcaneal exostosis (spur); tendinopathy at the insertion of the Achilles tendon; and retrocalcaneal bursitis. Some characteristics that predispose to the development of this syndrome are: wearing tight shoes, increased plantar arch (cavus foot), and tension in the Achilles tendon. Patients with this syndrome usually report pain in the heel, especially in the posterior region, erythema in the affected area, and avoid wearing closed shoes. Differential diagnoses include seronegative spondyloarthropathies, gout, and rheumatoid arthritis. The diagnosis can be elucidated with radiological examinations such as ankle X-ray and magnetic resonance imaging.[1,2]

METHODOLOGY

In this study, a bibliographic survey was carried out in the PubMed, SciELO and national official documents databases between 2012 and 2024. The descriptors used were: Haglund syndrome, Haglund deformity, heel, pain, diagnosis and radiology.

DISCUSSION

Among the main causes of heel pain of mechanical origin, Haglund's deformity stands out, which can give rise to Haglund's syndrome.[2,3]

On radiographs, a prominence of the calcaneus may be evident, especially in the posterosuperior portion (Haglund's deformity) and thickening of the Achilles tendon. Ultrasound can also evaluate the altered findings and analyze the soft tissues. Ultrasound can demonstrate thickening of the distal portion of the Achilles tendon and the presence of retrocalcaneal bursitis.[4,5,6]

Magnetic resonance imaging can be used to investigate insertional tendinopathy of the calcaneus, partial or total rupture of this tendon, retrocalcaneal bursitis and calcaneal spurs. It also helps in surgical planning in the most severe cases and those refractory to initial conservative treatment.[5,6]

CONCLUSION

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Haglund syndrome may be one of the causes of patients suffering from hindfoot pain. Conservative treatment includes medication and rehabilitation methods. In refractory cases, surgery is chosen. Radiological examinations such as x-rays, ultrasounds and magnetic resonance imaging can help in the diagnosis.

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