

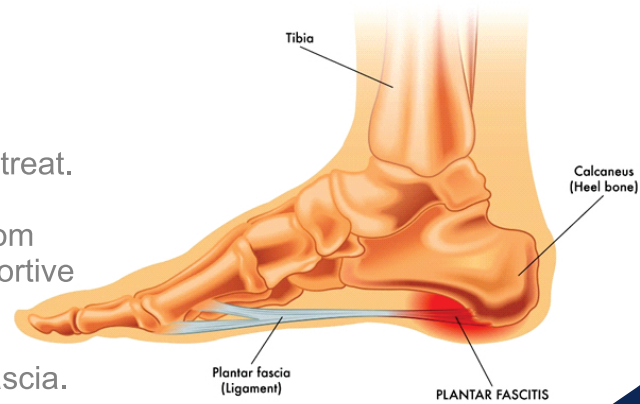
Plantar Fasciitis – aka 'Heel Pain'

What is it?

Plantar Heel pain is the most common injury that Podiatrists treat.

The plantar fascia is a band of connective tissue that runs from the base of the heel to the toes. This fascia is the main supportive structure for your arch whilst you are walking.

Plantar fasciitis is the irritation and overuse of your plantar fascia.



PLANTAR FASCIITIS

Plantar Fasciitis Symptoms:

- ➔ Pain in the plantar surface of your heel pad
- ➔ Dull aching, throbbing sensations, sometimes sharp and stabbing
- ➔ Pain into the arch of your foot
- ➔ Tenderness with taking steps, usually first thing in the morning or after a period of rest
- ➔ Heel pain during exercise, rest or when weightbearing

How is it diagnosed?

Through a clinical musculoskeletal examination with your Podiatrist. Depending on the severity of your symptoms, you may be referred for an ultrasound.



Treatment options:

- ➔ Neuromuscular needling
- ➔ Rest and ice
- ➔ Stretching and strengthening exercises
- ➔ Supportive taping
- ➔ Custom orthotics
- ➔ Compression socks
- ➔ Shockwave therapy
- ➔ Possible cortisone injections or surgery in severe cases
- ➔ Footwear Advice

