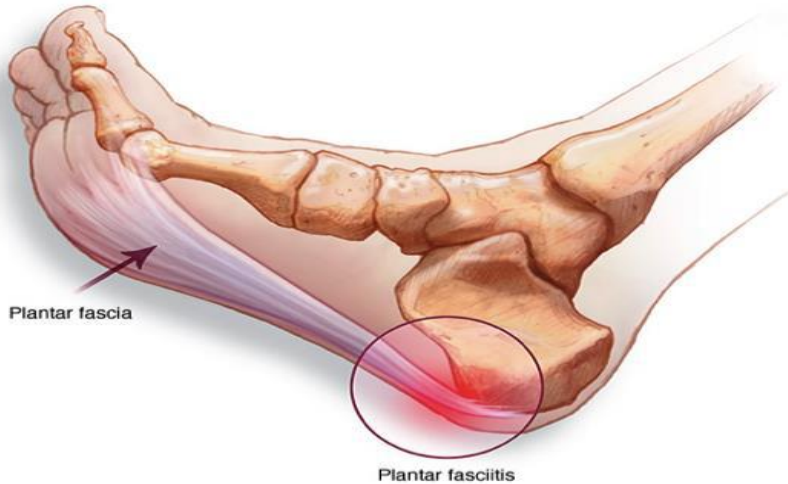


Plantar Fasciitis



Plantar Fasciitis is a condition where the fascia band on the underside of the foot becomes aggravated. Pain may be long-standing and can last for some years, however, it often resolves over time with minimally invasive management. 80% show changes within 12 months.

What Causes It?

It is thought to relate to 'tiny injuries' (known as microtraumas) to the plantar fascia. Over time these injuries can cause thickening and a gradual increase in pain, especially first thing in the morning or after a long period of standing. It can be triggered with a change in activity, footwear, or bodyweight. Severe pain and limited movement in this area is a sign that you should talk to your therapist.

Non-Surgical (Conservative) Management

- Using supportive footwear with a fastening.
- Modify activity levels with rehabilitation to increase your general strength.
- Weight loss (if applicable).
- Cold pack (e.g. gel ice pack) for 20 minutes using skin protection.
- Pain relief including non-steroidal anti-inflammatory drugs (NSAIDs) if suitable.
- Strapping, insoles, and night splints.

Other Treatment

- **Corticosteroid injections** (if pain fails to settle with conservative options.)
The evidence for steroid injection shows that it may provide some short-term benefit. The evidence for its effectiveness in the long term is lacking. There are some risks associated with a steroid injection which your health professional can discuss with you. Sometimes ultrasound guidance is used alongside injections.
- **Extracorporeal shock-wave therapy and Autologous blood injections** are not offered in our area on the NHS as there is still further research to be done on the effectiveness of this treatment.
- **Surgery.** The procedure releases the plantar fascia from the bone. It may also include calcaneal spur excision. Possible complications include increased pain, nerve injury, fascial rupture, and infection.