

Other treatments that may be offered

You may be referred to a physiotherapist or a podiatrist for further management which may include:

- Taping
- Corrective insoles
- Further advice
- Steroid injection –this is usually tried only if physiotherapy and self management have failed to help.

FURTHER INFORMATION

Below are the telephone numbers for the Community Outpatient Physiotherapy departments. Please call your local department for any further information/guidance;

Chippenham - 01249 456451

Devizes - 01380 732520

Malmesbury - 01666 827583

Melksham - 01225 701027

Salisbury - 01722 336262 Ext 4425/4413

Savernake - 01672 517310

Trowbridge – 01225 711341

Warminster – 01985 224716

<http://www.nhs.uk/Conditions/heel-pain>

<http://www.arthritisresearchuk.org/>

Updated March 2015

Review date March 2017

Patient Information

Plantar fasciitis

Plantar Fasciitis is thickening of the plantar fascia. This is a strong band of tissue that stretches from the heel to the middle bones of the foot. It supports the arch of the foot. Minor injuries or repetitive stress to the plantar fascia can lead to thickening which can cause pain.



The main symptom is usually pain on the underside of the heel which may be tender to touch. The pain usually eases on resting the foot, but is often worse when first standing on it, particularly first thing in the morning or after sitting for a long period. Gentle exercises may ease things a little as the day goes by, but a long walk often makes the pain worse.

Who gets it?

Plantar Fasciitis commonly affects people over 40, more frequently women and athletes. The following may cause or aggravate your symptoms;

- If you suddenly do lots of walking, running or standing.
- Wearing shoes with poor cushioning
- Sudden gains in weight, or being overweight will put extra strain on the heel
- Overuse or sudden stretching of the sole, e.g. athletes who increase their running intensity or distance
- Tightness in the Achilles tendon and calf muscle

How long will it last?

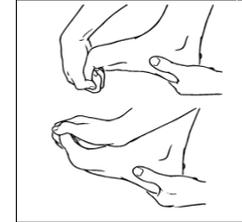
This will depend on the severity and cause of your symptoms. In some cases it may take several months or more to go. Your GP or Physiotherapist will be able to offer more advice on this.

What can I do to help myself?

- **Footwear** – Trainers or similar shoes may be more comfortable, these shoes are shock-absorbing and have an arch support. Avoid old or worn shoes and walking barefoot.
- **Medication** – If you have been prescribed pain relief take this at regular intervals until the pain settles. Your GP will advise you on this.
- **Heel Pads** – you can buy various pads and shoe inserts to help cushion the heel.
- **Ice** – Try applying cold to the area for 10 minutes several times a day. Wrap ice in a towel before using to prevent burns to the skin.

- **Exercises** – The following exercises may help;

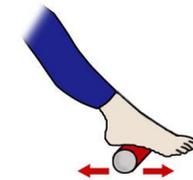
- Place one hand over your heel bone and one over your toes. Gentle pull back your toes until you feel a pull under the foot. Hold for 20 seconds and repeat 3 times.



- Face the wall put both hands at shoulder height. Put one foot in front of the other, bend the front knee and keep the back knee straight until you feel a stretch in the back leg. Hold for 20 seconds and repeat 3 times.



- Roll the arch of your foot over a rolling pin, drinks can, or a ball. Repeat 10 times



- With foot resting on towel, curl toes under so that you pull the towel towards you. Repeat 10 times.

