



**Plantar Fasciopathy
(Previously called fasciitis)**



Plantar Fasciopathy is a 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. Age related changes or repetitive stress to the plantar fascia can lead to thickening and an inability to tolerate load 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.

Working in partnership Great Western Hospitals NHS Foundation Trust Royal United Hospitals Bath NHS Foundation Trust Salisbury NHS Foundation Trust		Follow Wiltshire Health and Care on social media:   @WiltsHC_NHS Wiltshire Health and Care www.wiltshirehealthandcare.nhs.uk	
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Plantar Fasciopathy



Who gets it?

Plantar Fasciopathy 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 support / 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 15 minutes several times a day. Wrap ice in a damp towel before using to prevent burns to the skin.
- **Exercises** – The following exercises may help;

1) STRETCHING



- Using the hand on the affected side, place your fingers across the base of the toes on the bottom of the foot. Pull the toes back toward the shin until you felt a stretch in the arch of the Foot. Perform this stretch 10 times for 10 seconds, 3 times per day.

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2) STRENGTHENING



- On a staircase or similar, place a rolled up towel under your toes so all your toes are raised (see picture 'A').
- Whilst on both feet slowly push up on to your toes (see picture 'B') over 3 seconds, pause at the top for 2 seconds and then lower yourself slowly over 3 seconds. Repeat this movement 12 times, for 3 sets, with a 2 minute rest in between each set. To be completed every 2 days.
Click on link for VIDEO: https://youtu.be/zA_FlpqagJg
- Once you are able to complete this exercise comfortably on both feet, progress to completing the same exercise but on one foot (see picture 'C'). It is beneficial to strengthen both feet to reduce the risk of future issues.
Click on link for VIDEO: <https://youtu.be/J4tB6AoUUQ0>
- Once you can complete this exercise comfortably on one foot, put on a rucksack with some books in and repeat the same exercise but now repeat the movement 10 times, for 4 sets.
- The next step, once comfortable, is to increase the number of books in the rucksack, reducing the number of repeats to 8 times but now for 5 sets.

Use the Video links / Timer or a Metronome to help pace your movements

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, podiatry and self-management principles have failed to help.

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Further Information

If you would like to seek the advice of a physiotherapist, there are a number of options within Wiltshire. Please speak to your GP practice about the ways you can be referred.

Useful websites:

<https://www.activewiltshire.org.uk/>

Here you will find information on improving your activity level and details of what is available in your local area.

<http://www.wiltshire.gov.uk/public-health-weight>

Here you will find information about weight management options in your local area.

<http://www.wiltshire.gov.uk/public-health-trainers>

Health Trainers work on a one to one basis to support behaviour change and improve health. They concentrate on behaviours associated with ill health including unhealthy eating often linked to obesity, stop or reduce smoking, sensible drinking, increasing physical activity, building confidence and motivation to change and boosting self-esteem, they also signpost and support clients to access other services and activities where appropriate.

Safeguarding

Wiltshire Health and Care has a strong commitment to care that is safe, of a high quality and that upholds our patients' rights. All our patients have the right to live lives free from abuse or neglect and, where they are able, to make or be supported to make informed decisions and choices about their treatment, care and support. Where patients are not able to make their own decisions, Wiltshire Health and Care staff are committed to ensuring that treatment, care and support is undertaken in accordance with the person's best interests. In order to fulfil these commitments, Wiltshire Health and Care follow the Safeguarding principles and responsibilities laid out in Sections 42-46 of the Care Act (2014) and are informed by, and apply, the guiding principles and provisions of the Mental Capacity Act (2005).

If you or your carer have any concerns about abuse, neglect or your rights in relation to care provided by Wiltshire Health and Care or any other agency or individual, please raise this directly with any Wiltshire Health and Care staff or contact the Safeguarding Adults Team by telephone on: 0300 4560111.

Wiltshire Health and Care Patient Advice and Liaison Service (PALS)

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 1237797 and PALS.wiltshirehealthandcare@nhs.net