

Plantar Heel Pain

There are over 48 causes of heel pain (some very serious), so a correct diagnosis is the first step to setting up a plan to get you moving again. The number 1 cause of plantar heel pain is "Plantar Fasciitis", an inaccurate term as the plantar fascia cannot become inflamed so we now refer to it as "**Plantar Heel Pain**".

The cause of your heel pain will either be skeletal, neurological or soft tissue or a combination of these.

Key Risk Factors:

- A pronated foot posture
- A BMI of greater than 25 approximately doubles the occurrence of chronic plantar heel pain
- Decreased ankle joint range of motion
- Weight bearing occupations

Symptoms:

- Pain at the base of the heel
- Pain at its worst when first getting out of bed or after rest
- Pain, burning and/or tightness in the arch of the foot



The key to treatment success:

The key to any treatment success is finding out the 'why' of the problem. This means accurate diagnosis and treating the true cause of the pain. Although symptom management can make you feel better, fixing the cause is the key to lasting results.

The strain on the arch & heel tissues must be reduced in order to alleviate the heel pain and allow true healing to occur. Remember, your body is constantly regenerating and repairing itself, it just needs to be able to do this at a speed faster than it is being injured. Get this right and you'll get better.

1st stage treatment - your podiatrist will develop a treatment plan to suit your individual needs

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| • Foot mobilisation | • Supplements |
| • Stretching and strengthening | • Massage - Lacrosse ball, ice bottle, Pediroller, spikey ball |
| • Compression | • Footwear modification |
| • Strapping (rigid and Rocktape) | • Modifying activity |
| • Shockwave therapy | • Myofascial treatment |
| • Moonboot | • Padding |
| • Trigger point dry needling | |
| • Orthotics | |

2nd stage treatment - may be recommended by your podiatrist where other less aggressive treatment plans have not sufficiently resolved the pain, we consider these treatments to be a last resort option.

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| • Cortisone | • Surgery |
| • Platelet Rich Plasma therapy - PRP | • Botox |