



Plantar heel pain most commonly occurs when the plantar fascia (the long ligament under your foot that helps to support the arch) is repeatedly over-stretched and becomes damaged or when there is too much impact stress on the fatty tissue under the heel bone. Plantar heel pain may be caused by other problems such as trauma, fractures, spurs, nerve entrapments and bone tumours.

Plantar heel pain may develop after a sudden increase in levels of activity, increased weight gain and also a change in footwear or work environment.

Pain commonly occurs about the inside of the heel and is the worst first thing in the morning, after rest and may get worse with activity.

Your podiatrist will advise you of your diagnosis and treatment options after performing a thorough history taking, biomechanical assessment and discussing your goals for your treatment. Treatment options may include:

MASSAGE Rolling your foot over a plastic bottle of frozen water or a tennis ball will help to reduce pain and gently stretch and massage the plantar fascia.

ANTI-INFLAMMATORIES may be used to help reduce pain even though the condition may not typically be caused by inflammatory changes in the heel.

CHANGES TO FOOTWEAR may help to reduce your symptoms as incorrect, old or worn-out footwear may contribute to overstretching the plantar fascia and increased impact stress in the heel.

MODIFYING ACTIVITY LEVELS may help to reduce the symptoms of your plantar heel pain. Your podiatrist will discuss this with you.

FOOT AND LEG EXERCISES Stretching the plantar fascia every day has been shown to reduce pain levels.

STRAPPING of the foot with sports tape may provide temporary relief of pain by reducing strain on the plantar fascia and centring the heel's fat pad under the heel bone.

ORTHOSES If strapping helps to relieve the pain in the heel it is a good sign that orthoses will help. Your orthoses will be custom made by your podiatrist and they will help to further reduce the stress on the plantar fascia.



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MANUAL THERAPY such as Foot Mobilisation Therapy (FMT) and trigger point dry needling may help the healing of your damaged tissues in conjunction with load reducing strategies such as shoe changes, strapping and prescription foot orthoses.

SHOCKWAVE TREATMENT has been shown to significantly help manage heel pain. This advanced treatment option is available to our clients in both our clinic locations. Your Podiatrist can further discuss the benefits of this treatment option.

STRENGTHENING EXERCISES High load eccentric exercises have been shown to increase the strength in the plantar fascia and improve its ability to cope with the stresses that cause pain in the heel (see additional sheet for technique).