

# PLANTAR FASCIITIS



**DR CHRISTY GRAFF**

Foot and Ankle  
Adult and Paediatric Orthopaedic Surgeon

0493 461 133

(08) 9118 3112

HealthLink:drcgraff

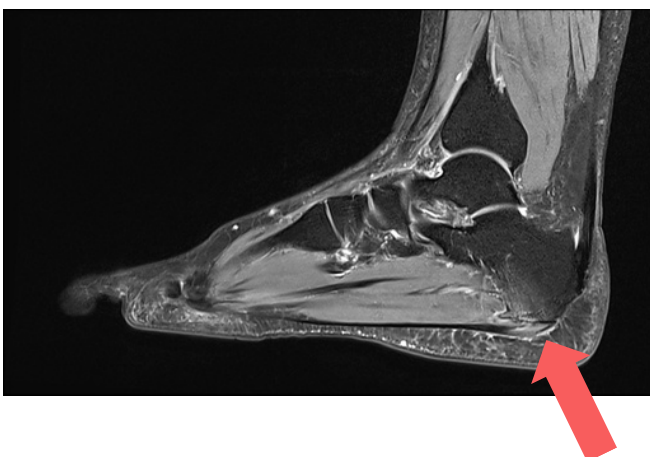
admin@christygraff.com

www.drchristygraff.com

## WHAT IS PLANTAR FASCIITIS?

Plantar fasciitis is inflammation of the plantar fascia, a thick band of tissue that lies on the bottom of the foot. The plantar fascia normally runs from the bottom of the heel bone and helps to support the arch of your foot.

Plantar fasciitis is the most common cause of heel pain on the sole of your foot. This pain can make it difficult to stand, walk, or run.



**MRI image of plantar fasciitis**

## RISK FACTORS FOR PLANTAR FASCIITIS

- Workers with prolonged standing
- Increased body weight
- Sudden increase in activity
- Poor footwear
- High arches
- Tight achilles tendon

## SYMPTOMS OF PLANTAR FASCIITIS

- Pain in the sole of the foot, mainly the arch and the heel; often worse first thing in the morning when walking barefoot on a hard floor
- Pain with prolonged standing
- Tenderness or soreness in the heel or arch of the foot

## DIAGNOSIS OF PLANTAR FASCIITIS

Diagnosis is usually made on taking a history, examining the foot and imaging which includes:

- Tenderness on the sole of the foot on palpation
- Checking for high arches, flat feet or tight achilles
- Xrays will often show a bone spur, but this is not the cause of the problem
- MRI scans provide detailed images of the soft tissues detecting inflammation at the insertion
- An ultrasound guided local anaesthetic may be injected into the area; if the pain improves temporarily, plantar fasciitis is the likely cause of pain

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## TREATMENT

### Non-Surgical Treatment (first line treatment):

- Rest from aggravating activities
- Ice and anti-inflammatory medications can reduce pain and swelling
- Podiatrists use techniques such as shockwave therapy, dry needling, laser therapy and orthotics
- Supportive shoes with cushioning and a rocker heel can help provide shock absorption
- Physiotherapy can help stretch the plantar fascia and the associated tight achilles
- Corticosteroid and local anaesthetic injection under ultrasound guidance - this can also help with the diagnosis

### Surgical Treatment:

In cases of which do not respond well to non operative measures or relapse, surgical release of the tight plantar fascia and the tight achilles fascia is the gold standard to improve symptoms (**see Plantar Fasciitis Surgery**)

## USEFUL WEBSITES

### WebMD

<https://www.webmd.com/fitness-exercise/understanding-plantar-fasciitis-basics>