

This condition typically gives pain on the base of the foot in the heel (in the fascial tissue). Its cause is not fully understood although there have been patterns of degenerative tissue seen, similar to those seen in a tendinopathy. Historically it was thought that inflammation was present, hence the term fasci"itis", although there is a general consensus that this is not actually the case.

It can be a stubborn condition to treat. The most important consideration when treating this condition is to avoid aggravating the symptoms. Possible factors which could increase irritation include prolonged periods of standing or walking, footwear which is particularly hard or gives the foot little support, a patient being overweight or poor biomechanics in the lower limb. Conservative techniques for treating this condition include:

- Gel insoles to give a cushion to the heel
- Avoidance of particularly hard or unforgiving footwear
- Weight loss if required
- Specific strengthening and stretching exercises for the plantar fascia (see exercise sheet)
- Addressing biomechanical issues in collaboration with a Physiotherapist or Podiatrist
- Rarely, an injection may be required to settle the pain for a patient but this will not solve the underlying cause of the condition and can be very painful!

Rathleff, M.S., Molgaard, C.M., Fredberg, U., Kaalund, S., Andersen, K.B., Jensen, T.T., Aaskov, S. & Olesen, J.L. (2014). High-load strength training improves outcome in patients with plantar fasciitis: A randomized controlled trial with 12-month follow-up. *Scandinavian Journal of Medicine & Science in Sports*:n/a-n/a doi: 10.1111/sms.12313[published Online First: Epub Date]|.

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