

Plantar Fasciitis

Plantar Fasciitis refers to pain and tenderness on the inside aspect of the heel. This is usually an over-use injury resulting from continuous stretching or pulling of the plantar fascia at its attachment site on the heel. Activities such as running and dancing are most commonly associated with this type of pathology.



Pain is typically worse in the morning or just before exercise until the affected area warms up. The pain is usually described as a dull ache in the soft tissue area on the sole of the foot. High impact weight bearing activities commonly aggravate the symptoms associated with plantar fasciitis.

If you suspect you have plantar fasciitis you should try and seek treatment as soon as possible to reduce the likelihood of any long term complications. Secondary complications such as heel spurs and chronic inflammation are possible, so the assistance of a physiotherapist is highly recommended.

Treatment for plantar fasciitis can involve a variety of options. Firstly the physiotherapist will conduct a thorough assessment of your condition to determine the most appropriate treatment program for you, and to rule out the possibility of any secondary complications. At this point the physiotherapist may require the use of medical imaging, such as an x-ray or ultrasound, to truly determine the severity of the condition. Your medical practitioner will assist in this process

Treatment may involve a combination of:

- Icing
- Stretching
- Deep tissue massage
- Taping
- Ultrasound therapy
- Strengthening of intrinsic muscles
- Prescription of foot orthotics
- Correction of biomechanical abnormalities

If these conservative treatment options fail, a cortisone injection or surgical management may be indicated.