

Plantar Fasciopathy



Heel pain can be debilitating, and can affect the quality of life of the sufferer.

Heel pain has many causes, the most common being Plantar Fasciopathy (bottom of the heel, also called plantar heel pain), and Achilles tendinitis (back of the heel pain). Both of which can affect both athletes, and non-athletes.

The pain experienced with Plantar Fasciopathy, can be described as a sharp excruciating pain on the inside of the heel on first walking in the morning after stepping out of bed – ‘first step pain’, and can also come on after a period of rest, from sitting to rising.

The pain eases after walking for a little while. Pain experienced can worsen by the end of your working day, after long periods of walking and standing, and after high impact sporting activities.

The Plantar Fascia's purpose is to support the foot and absorb shock going through the foot as you stand, walk, or run.

How is plantar heel pain caused?



Plantar heel pain can be caused by:

- a sudden increase in activity.
- being on your feet for too long.
- exercising on hard surfaces.
- weight gain.
- high or low arched feet.
- ageing.
- unsupportive shoes with no cushioning.
- tightness in the calf muscle.

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What are the risk factors?

- Age-related
- Lifestyle and occupation
- Body weight
- Foot/ankle/leg mechanics

How can it be treated?

At-home exercises and treatments can help in the first instance:

- Massage the fascia by rolling the foot back and forth over a tennis ball.
- Apply a local non-steroidal anti-inflammatory medication such as Ibuprofen gel to the affected area.
- Wear heel raises in your shoes to reduce the pressure on the Achilles and calf muscle if they are tight.
- Wear good supportive cushioned shoes with a slight heel, and insoles to shift the weight off the plantar fascia.
- Regular stretching of the calf muscle and plantar fascia.
- Weight loss, by following a healthy diet and lifestyle.

When should I seek further help?

If you do not see an improvement in your symptoms within 2 weeks after trying the self-help protocols, come and visit us at The Vale Clinic, and we can help you. Treatment and management will be tailored to your needs.



*For more information, contact us
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