

Plantar Fascial Heel Pain

Presentation

Pain on medial tubercle of calcaneus insertion or mid-portion

- A) Pain after exercise only
- B) Pain first thing in am AND after exercise
- C) Pain first thing in am, worse with exercise occurs several times per day

GP Advice

Reassure self-limiting / footwear advice/activity modification / weight loss / Plantar fascia and calf stretches minimum 6-12 weeks / heel cushion / Analgesia

No better after 6-12/52 stretches

Podiatrist

Orthotist

No better

Consider Injection