Plantar Fasciitis

Department of Podiatric Medicine
Department of Physiotherapy
Department of Orthotics

Gateshead Primary Care Trust
Gateshead Health NHS Foundation Trust
‘Working In Partnership’
Plantar fasciitis is a condition that is indicated by sharp or burning pain in the heel.

If you experience any of the following symptoms it is probably plantar fasciitis.

- Can be painful getting up from bed in the morning
- May worsen after a period of rest
- The heel is usually tender to touch
- Pain tends to gradually ease with walking
- There may also be some pain or aching in the arch after heavy periods of activity

The condition usually settles by itself in 12 to 18 months.

You can speed up this recovery by doing the following:

- Do the stretches on the opposite page three or four times a day and, in particular, first thing after waking and after resting or sitting for a long time
- Wear shoes that have an arch support and are well cushioned (e.g. laced sports shoe) as much as possible.
- Apply ice (wrapped in a towel) for 20 minutes, three or four times a day
- Discuss with your GP about appropriate medication
Exercises

1. Standing as in the picture, with hands placed on a wall, put the affected foot behind you and twist it inwards. Keep the heel on the ground, and lean forward until you feel the calf tighten. Hold the stretch for 30 seconds, and release. Repeat five times.

2. Hold foot as in picture and pull the toes towards your knee until you feel a stretch in the sole of your foot. Hold this position for 30 seconds and release. Repeat five times.

If you feel that symptoms are improving after eight weeks of using shoes incorporating arch supports and doing exercises, please continue with the advice in this leaflet. If not you should consult your GP for advice on further management.

It is important that you do these exercises or the speed of your recovery will be affected.
We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk