

# Patient Information on Plantar Fasciitis

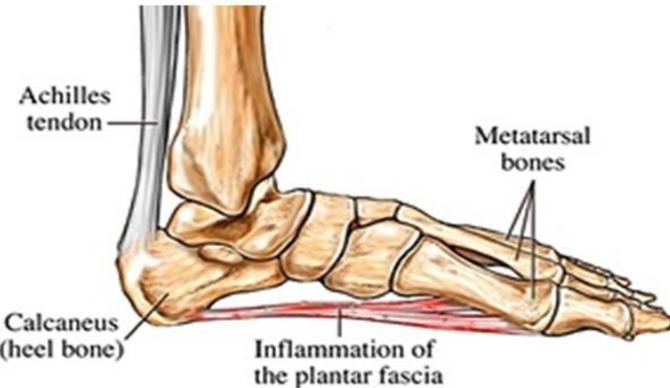
## Plantar Fasciitis

This is an information leaflet to support you with your Plantar Fasciitis.

Plantar fasciitis is a condition that is indicated by a sharp or burning pain in the heel. If you experience any of the following symptoms, it is probably plantar fasciitis.

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 the recovery by doing the following:

- Do the stretches shown three or four times a day and, in particular, first thing after walking and after resting or sitting for a long time – this should take around **20 minutes**.
- Apply ice, (wrapped in a towel) for **20 minutes**, three or four times a day (if the symptoms are new and acute, or after heavy activity).
- Contrast footbaths (alternately placing the foot into a bowl of warm water for 10 minutes, followed by cold for 2 minutes, continuing alternating between warm and cold for 2 minute cycles, up to a total of **20 minutes**)
- Wear shoes that have an arch support and are well cushioned (e.g. laced sports shoe) as much as possible
- Avoid walking barefoot
- Discuss with your GP about appropriate medication

## Exercises

<p>1. Standing as in the picture, with hands placed on a wall, put the affected foot behind and twist it inwards. Keep the heel on the ground, and lean forward until you can feel the calf tighten. Hold the stretch for 30 seconds, and release. Repeat five times.</p>	
<p>2. Repeat exercise 1, but bring the back foot forward a little so that the back knee is slightly bent. Repeat five times.</p>	
<p>3. Hold the foot as in the 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.</p>	

If you feel that symptoms are improving after eight weeks of using shoes and incorporating arch supports and doing exercises, 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.

## Further information

If you require any further information, or wish to discuss your treatment with a member of staff, please call the podiatry administration team on 0191 445 8401

## **Data Protection**

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews and Statistics.

Further information is available via Gateshead Health NHS Foundation Trust website (<https://www.qegateshead.nhs.uk/fairprocessing>) or by contacting the Data Protection Officer by telephone on 0191 445 8418 or by email [ghnt.ig.team@nhs.net](mailto:ghnt.ig.team@nhs.net).

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