

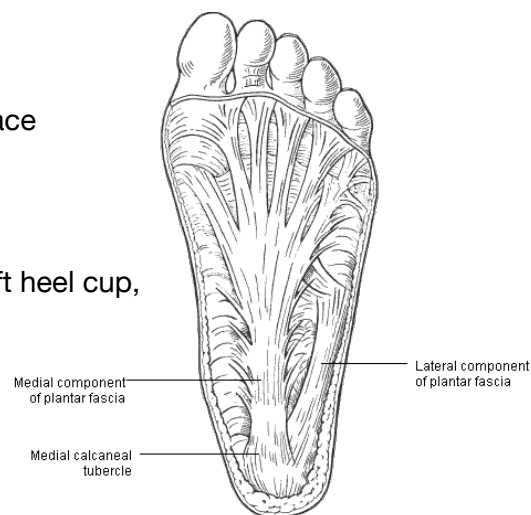
## Plantar Fasciopathy

### Diagnosis

- tender medial calcaneal tubercle
  - start up pain & then worse with prolonged time on feet
  - history of overload in the story - activity increase, shoes, surface
- x-ray is not required (spurs are irrelevant)

### Management

1. activity modification - alternatives: swim or cycle
2. unload with medial support: options are - tape, orthotics, soft heel cup, cushioned & supportive shoes
3. **strengthening**



The plantar fascia is a multi layered fibrous aponeurosis

stretching for short term relief & isometrics may be better for pain relief  
frozen water bottles are not required

anti-inflammatories - better over a short consistent course & only when acute  
corticosteroid injection - reduces strength & correlated with plantar fascia rupture

### not to miss

- calc stress #
- night pain
  - calcaneal squeeze test

### not recovering

MRI to query a tear - walking boot for symptoms relief then strengthening



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