

## What can I do to help?

As well as the treatments provided, there is more you can do to relieve symptoms. These include:

- Rest
- Avoiding standing for long periods or walking/running long distances
- Applying ice several times a day
- Rolling the arch of your foot over a cold water bottle or tennis ball, allowing the your foot to roll in all different directions.
- If the pain is severe, over the counter non-steroidal anti-inflammatory medications such as ibuprofen may help provide relief.

## What are my other options?

Unfortunately there is not one treatment which always cures this condition, however, the insoles/orthoses, stretching and a change to a more supportive shoe (such as a trainer) if needed, usually cures the condition over several weeks.

If you do fail to respond to this treatment, our following steps may include:

**Foot Mobilisation Therapy:** This is an excellent way of restoring stubborn joints to correct function, allowing symptoms to settle down. This in turn allows the insoles given to work more effectively. This is 3 week course, where you will be seen for 6 treatments costing £130 (£21 per session).

**Cortisone Injection:** We now offer ultrasound guided steroid injections in our practice. Though this can help alleviate pain it is normally used as a last resort as it can be painful and is not always successful.

**Surgery:** This may be offered to some people in very exceptional circumstances but is often used as a last resort.

## How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at [www.walshpodiatry.co.uk](http://www.walshpodiatry.co.uk)
- You can read our blog at [www.walshpodiatry.co.uk/blog](http://www.walshpodiatry.co.uk/blog)

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



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## Heel Pain: Plantar Fasciitis

## Why does my heel hurt?

Do you have a stabbing pain in your heel when you first get out of bed in the morning? Does the pain usually worsen as the day goes on? These are common complaints of a condition called Plantar Fasciitis.

Other causes of heel pain can also include:

- Heel spurs
- Stress fractures
- Achilles tendinopathy
- Inflammatory conditions

## What causes Plantar fasciitis?

Plantar fasciitis (PF) occurs when the strong band that supports the arch of your foot (plantar fascia) absorbs high stresses and strains causing micro trauma and inflammation to the area.

These extra stresses are often caused by our anatomy, with those with flat feet, high arches and tight posterior leg muscles being more prone to plantar fasciitis.

Other possible causes include overuse, with PF being common amongst runners, walkers and those who are required to stand on hard surfaces for several hours. Another common cause is wearing footwear that does not give sufficient support.

## What are the treatment options?

A biomechanical assessment will be carried out by your Podiatrist to assess your range of movement, joint dysfunction and to see how your feet function when you walk/run. At Walsh Podiatry we use the latest technology to perform video gait analysis to slow steps down and see in detail how your foot is functioning.

From this assessment your Podiatrist will make custom insoles or orthotics allowing the plantar fascia to rest and also improving foot function.

During your assessment your podiatrist will also prescribe strengthening and stretching exercises (shown below). Do the exercise that you feel most comfortable doing.

### **CALF STRETCHES**

On all stretches: stretch to tension, not pain,

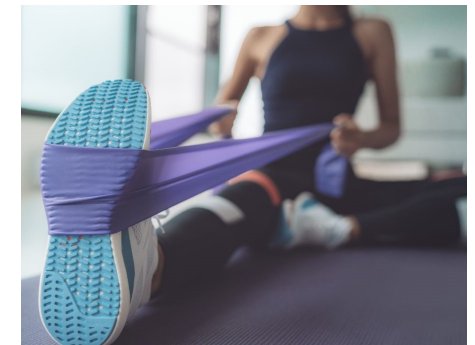
- hold for 15 seconds
- relax for 10 seconds
- Repeat 10 times, twice daily.



(Make sure both feet are pointing towards the wall and heels are flat to the floor.)



(Remember to hold the banister for balance)



(Keep your legs and your back straight, if comfortable leaning forward and trying to reach your toes will give you a deeper stretch to all your posterior leg muscles.)

Regular stretching exercises as shown above form an important part of your treatment. It is usually necessary to continue them for some weeks. If you are concerned about any aspect of your stretching then please contact us for an