**Plantar Fasciitis/Fasciosis (Plantar Heel Pain)**

**Plantar fasciitis or fasciosis** is inflammation or degeneration of a fibrous supportive band of fascia (soft tissue) under the arch where it connects to the heel bone. This is often caused by repetitive arch collapsing and micro-tearing over a period of time or may be triggered by a ‘one off’ injury. Heel spurs may develop under the heel from long term tension of the plantar fascia from the heel bone. The heel spur in most cases may **not** be contributing to the pain. It may simply form as a result of the plantar fascial injury.

Sometimes there may be a nerve compression/inflammation of the distal tarsal tunnel (inside ankle/heel) that can also contribute to plantar heel pain.

**Treatment Plan**

**Mild** –

1. strapping 6. rest from aggravating activities
2. plantar fascial massage 7. wearing supportive shoes
3. heat 8. avoid going barefoot
4. calf stretching 9. Paracetamol if required
5. heel cushioning 10. strengthening exercises

**Moderate-severe** –

1. **Customised orthotics** are an integral part of avoiding daily re-injury of the fascia.
2. **Injection Therapy - Platelet-Rich Plasma (PRP)or Orthokine** **(Autologous Conditioned Serum)** - Injections of a platelet concentrate (PRP) or your own body’s natural anti-inflammatory protein that help stimulate the body to repair itself. A numbing injection is always performed to numb entire heel so that discomfort is minimal. 2-6 treatments may be necessary.
3. Ultrasound guided corticosteroid injection