

Plantar Fasciitis

An information guide



Plantar Fasciitis

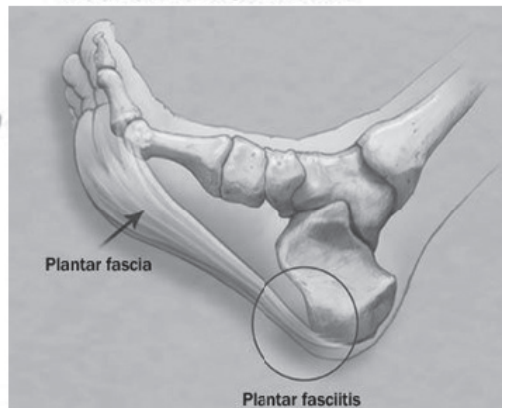
This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

You have been seen today by a doctor or clinician and you have been diagnosed with a condition called Plantar Fasciitis.

What is plantar Fasciitis?

Plantar Fasciitis is a painful condition which affects the sole of the foot. It is caused by repetitive strain to the plantar fascia.

This is a fibrous band of soft tissue connecting the heel bone to the toes. It helps reinforce the arch of the foot and acts like a 'bow string' to stiffen the foot as we walk.



It is common to experience some of these symptoms:

- The pain can be much worse when you start walking after sleeping or resting.
- The pain can feel better during exercise but returns after resting.
- It is difficult to raise your toes off the floor.
- Pain in or around the heel bone, this can be very tender in one spot.
- It may cause you to limp.

Plantar fasciitis tends to affect people whose occupation involves standing on hard surfaces for a long period and those who perform sports such as long-distance running. It is a common condition affecting 1 in 10 adults.

What are the risk factors?

- It is more common between the age of 40 and 60 years.
- More common in women than men.
- You have a higher risk if you are overweight.
- People who suffer with diabetes are at more risk.
- Reduced movement of the ankle joint.
- It is more common in people with high arched feet.
- People who wear old or poor-quality footwear.

What should I do now?

- **REST:** Rest the affected limb for the first 2 to 3 days as this helps prevent further swelling and pain.
- **ICE:** Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas are wrapped in a cloth or a towel, ***DO NOT APPLY DIRECTLY TO THE SKIN*** as this could cause a burn.
- **ELEVATION:** Raise your limb when resting, try and elevate your limb above the level of your hip. This will help reduce the swelling.
- Take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to the manufacturer's instructions.
- Please attend any appointments advised or made for you.
- Wear wide comfortable shoes with a low heel and soft sole.
- Use soft insoles or heel pads in your shoes.

What not to do?

- Avoid using ice packs on poor skin like wounds and people who suffer from poor sensation and circulation.
- Do not leave ice packs on whilst in bed or asleep.
- Do not walk or stand for long periods.
- Do not wear high heels or pointy shoes.
- Do not wear flip-flops or backless slippers.
- Try not to walk barefoot on hard surfaces.

Please contact your GP for further management, treatment or advice.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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