



SPRINGWOOD:
1/1 Laurinda Crescent

COOPERS PLAINS:
2/124 Orange Grove Rd

07 3133 8134

PLANTAR HEEL PAIN

PLANTAR HEEL PAIN - ALSO KNOWN AS:

- Plantar fasciitis
- Heel spur syndrome
- Policemans heel
- Runners heel
- Stone bruise in the heel

SYMPTOMS:

Pain is felt in the bottom of the heel
Pain is often worse when first getting out of bed, or when standing after sitting

However, pain can occur all day
It can feel like a bruise or a sharp stabbing pain

CAUSES

- OFTEN RELATED TO AN OVERUSE OR CHANGE OF LOAD
- INCREASING EXERCISE
- CHANGE IN WORK REQUIREMENTS AND ON FEET MORE
- CHANGE IN FOOTWEAR
- CAN ALSO BE A MINOR INJURY, AND AS WE NEED TO CONTINUE TO WALK IT DOESN'T HEAL AND CAN GET WORSE
- CAN BE RELATED TO TIGHTNESS IN THE CALF MUSCLES
- PEOPLE WITH BOTH FLAT FEET AND HIGH ARCHES CAN EXPERIENCE PLANTAR HEEL PAIN

TREATMENTS AT HOME:

- Calf and soleus stretching
- Tennis ball massage
- Wearing supportive, comfortable footwear.

DID YOU KNOW:

Heel spurs usually don't cause pain. In 95% of plantar heel pain cases the pain experienced is due to a soft tissue injury.

TREATMENTS AT FOOT FACTOR PODIATRY

WE WILL GENTLY EXAMINE YOUR FEET AND DETERMINE THE CAUSE OF YOUR HEEL PAIN. USING THE LATEST EVIDENCE BASED TREATMENTS WE WILL CONSTRUCT AN INDIVIDUALISED TREATMENT PLANS TO HELP YOU OVERCOME "PLANTAR HEEL PAIN". WE CAN USE A COMBINATION OF THE BELOW:

- Off loading strapping or padding
- Foot mobilisation
- Dry needling
- Orthotics and arch support
- Footwear advice and recommendatons

- Recommend an exercise and stretching regime
- Advice regarding current exercise program
- FS6 sock



DID YOU KNOW:

If left untreated, the average time for "Plantar heel pain" to go away is over 12 months, but it can last up to 4 years!

Call (07) 3133 8134,
Visit footfactor.com.au and book online; OR
Email pod@footfactor.com.au

"Your Feet Matter!!"