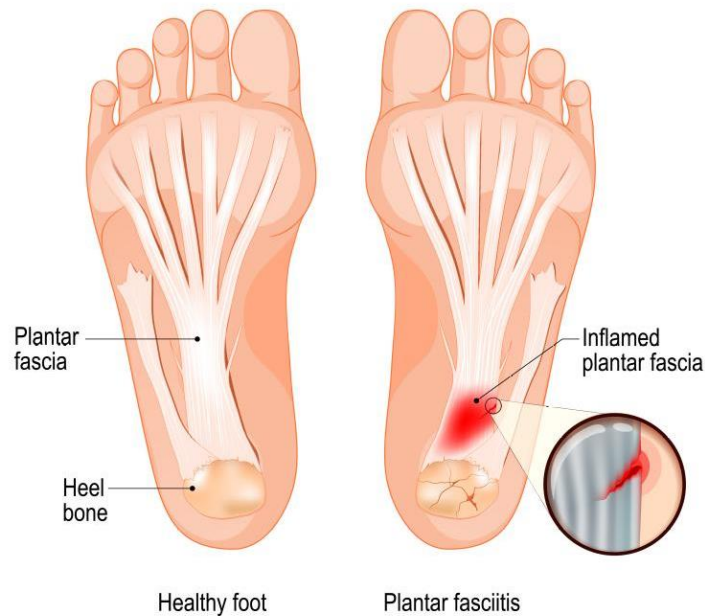




NIKHIL NANAVATI

Plantar fasciitis



Introduction

Pain at the bottom of the heel is very common and may be caused by plantar fasciitis. The sole of the foot has a strong supportive layer called the 'plantar fascia.' This layer is attached to the heel bone and it is at this attachment that it may become 'overworked' or 'worn-out.' This can cause pain when walking or standing on feet, especially first thing in the morning. It can be a very debilitating condition for patients. There are multiple options available to treat this condition.

Treatment

Physiotherapy: This forms the mainstay of treatment for this condition. By stretching the fascia, this reduce the pain and inflammation over an 18 months period.



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Injection: Injections with steroid and anaesthetics can be performed under ultrasound scan guidance. This can only be performed on a limited number of occasions due to risk of tears in the plantar fascia.

Surgery: Very rarely is surgical intervention recommended for this condition as the scars on the sole of the foot can become more painful than the condition itself. Surgery to the plantar fascia can cause the sole of the foot to 'breakdown' which, in turn, can lead to clawing of the toes.

Patients will also be provided with a personalised treatment plan following their individual operations.