

## HEEL PAIN FACT SHEET



There are many different cause of heel pain. Some of the more common are shown here. By far the most common is a condition called "*plantar fasciitis*". This affects one in five people by the age of sixty. Before you seek a specialist opinion your own doctor will be able to advise you on the most likely cause of your heel pain.

If you do have plantar fasciitis there are a number of things you should try before considering orthotics, injections or surgery. Conservative treatment is the most effective treatment. Injections and surgery, although sometimes necessary, carry increased risks of complications and are **not** recommended first line treatments.

### THE SYMPTOMS OF COMMON CAUSE OF HEEL PAIN

I have provided a table below which is a **guide only** to the differential diagnosis of heel pain comparing the symptoms of the common conditions.

SYMPTOMS	CONDITION				
	PLANTAR FASCIITIS	POOR CIRCULATION	FRACTURE	NERVE PROBLEM	BONE BRUISING
Pain when you get out of bed in the morning which improves after 5-10 minutes	✓	✗	✗	✗	✗
Pain is typically worse when you get up after sitting for half an hour	✓	✗	✗	✗	✗
Pain is on the inside of the heel / along arch of the foot	✓	✗	✗	✗	✗
If you have poor circulation to your feet	✗	✓	✗	✗	✗
If you also suffer with cramp in your calf muscles when walking	✗	✓	✗	✗	✗
If your pain started after you did a lot more walking than usual	✓	✗	✓	✗	✓
your symptoms include feeling of numbness and or shooting pains into the heel and foot	✗	✗	✗	✓	✗

### FOOT CONSULTANT CLINIC LOCATIONS

#### HAMPSHIRE

Waterfront & Solent Surgery,  
Jones Lane, Hythe, SO45 6AW

Fenwick Health & Wellbeing Centre,  
Pikes Hill, Lyndhurst, SO43 7NG

#### SECRETARY

Anne Fellows

☎ 07960 472824 [pa2footconsultant@icloud.com](mailto:pa2footconsultant@icloud.com)

#### BIRMINGHAM

Spire Parkway Hospital  
Damson Parkway, Solihull, B91 2PP

#### LONDON

9 Harley Street  
London, W1G 9AL

Foot & Ankle Centre,  
66 Station Road, Chingford, E4 7BA

#### APPOINTMENTS

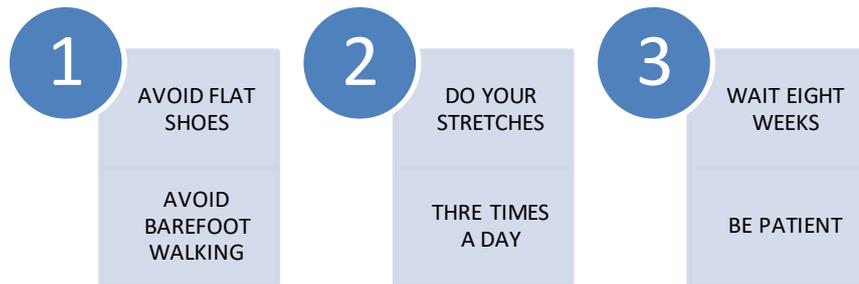
☎ 07960 472824

☎ 07741 493235 [appointments@footconsultant.com](mailto:appointments@footconsultant.com)

## HEEL PAIN FACT SHEET

### WHAT TO DO IF YOU HAVE PLANTAR FASCIITIS?

Plantar fasciitis is the most common cause of heel pain in adults. Although there are many other reasons why adults develop painful heels, more than 90% of patients have simple plantar fasciitis. Follow these simple steps before you consider any more complex treatments.



Wearing flat shoes and walking barefoot increases the stress on the tendon like structure and will make your pain worse. Stretches are the most important treatment and are very effective in solving your heel pain. The treatment takes time to have an effect so be patient.

### WHAT SHOULD I DO IF MY PAIN DOES NOT GET BETTER?

If you have followed this advice and your symptoms are not improving then you should seek specialist advice. The specialist will examine you to rule out any of the other cause of heel pain. This sometimes means you will need to have further tests such as an x-ray or ultrasound scan.

#### FOOT CONSULTANT CLINIC LOCATIONS

##### HAMPSHIRE

Waterfront & Solent Surgery,  
Jones Lane, Hythe, SO45 6AW

Fenwick Health & Wellbeing Centre,  
Pikes Hill, Lyndhurst, SO43 7NG

**SECRETARY**  
Anne Fellows

☎ 07960 472824 [pa2footconsultant@icloud.com](mailto:pa2footconsultant@icloud.com)

##### BIRMINGHAM

Spire Parkway Hospital  
Damson Parkway, Solihull, B91 2PP

##### LONDON

9 Harley Street  
London, W1G 9AL

Foot & Ankle Centre,  
66 Station Road, Chingford, E4 7BA

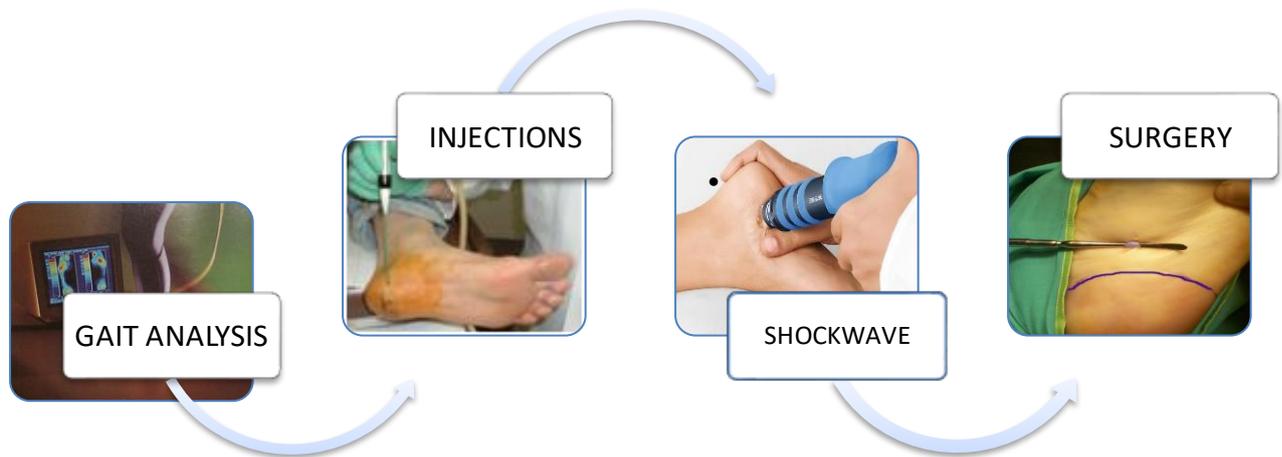
**APPOINTMENTS**  
☎ 07960 472824

☎ 07741 493235 [appointments@footconsultant.com](mailto:appointments@footconsultant.com)

## HEEL PAIN FACT SHEET

### WHAT OTHER TREATMENTS ARE THERE FOR PLANTAR FASCIITIS?

There are a wide range of alternative treatments for heel pain. Each of these needs to be discussed with Mr Metcalfe or one of his team



### GAIT ANALYSIS

Your feet are the connection between the body and the ground. Feet have a lot of work to do coping with high loads as we walk, run and stand for prolonged periods of time. Just as with the tyres on car which wear on one edge when the wheels are out of alignment, feet can also suffer damage if alignments aren't right.

Biomechanics looks at how your limbs, joints, muscles and ligaments are working together. It is very common for people with heel pain, especially plantar fasciitis for have an underlying biomechanical cause.

The good news is that by identifying the imbalances and correcting them we are treating the cause of your pain rather than just treating symptoms.

### FOOT CONSULTANT CLINIC LOCATIONS

#### HAMPSHIRE

Waterfront & Solent Surgery,  
Jones Lane, Hythe, SO45 6AW

Fenwick Health & Wellbeing Centre,  
Pikes Hill, Lyndhurst, SO43 7NG

SECRETARY  
Anne Fellows

☎ 07960 472824 [pa2footconsultant@icloud.com](mailto:pa2footconsultant@icloud.com)

#### BIRMINGHAM

Spire Parkway Hospital  
Damson Parkway, Solihull, B91 2PP

#### LONDON

9 Harley Street  
London, W1G 9AL

Foot & Ankle Centre,  
66 Station Road, Chingford, E4 7BA

APPOINTMENTS  
☎ 07960 472824

☎ 07741 493235 [appointments@footconsultant.com](mailto:appointments@footconsultant.com)

## HEEL PAIN FACT SHEET

### HOW TO DO STRETCHES FOR PLANTAR FASCIITIS

#### STEP 1



- Stand in front of, and facing a wall with your feet **parallel** to each other

#### STEP 2



- Place your hands on the wall for stability.
- Move the leg to be stretched backwards and place the foot **fully** on the floor with the toes pointing slightly inwards. Keep this leg **completely straight at the knee joint**

#### STEP 3



- Bend the **other** leg at the knee joint and lean towards the wall.
- You will start to feel a **tightening** sensation at the back of the leg.
- **Hold** this position for **30 seconds**.

#### FOOT CONSULTANT CLINIC LOCATIONS

##### HAMPSHIRE

Waterfront & Solent Surgery,  
Jones Lane, Hythe, SO45 6AW

Fenwick Health & Wellbeing Centre,  
Pikes Hill, Lyndhurst, SO43 7NG

**SECRETARY**  
Anne Fellows

☎ 07960 472824 [pa2footconsultant@icloud.com](mailto:pa2footconsultant@icloud.com)

##### BIRMINGHAM

Spire Parkway Hospital  
Damson Parkway, Solihull, B91 2PP

##### LONDON

9 Harley Street  
London, W1G 9AL

Foot & Ankle Centre,  
66 Station Road, Chingford, E4 7BA

**APPOINTMENTS**  
☎ 07960 472824

☎ 07741 493235 [appointments@footconsultant.com](mailto:appointments@footconsultant.com)

## HEEL PAIN FACT SHEET

### SHOCKWAVE THERAPY

#### What is ESWT?

ESWT is a procedure where shock waves are passed through the skin to the injured part of the foot, using a special device. Extracorporeal means outside of the body. The shockwaves are mechanical and not electric. They are audible, low-energy sound waves, which work by increasing blood flow to the injured area. This speeds up your body's healing process. You will usually require a course of three treatments, one to two weeks apart.

#### Why should I have ESWT?

ESWT is offered to patients who have not responded well enough to other treatments such as physiotherapy, orthotics (insoles or leg braces), rest, steroid injection, ice therapy and pain relief. It is a minimally invasive treatment that is carried out on an outpatient basis, which means that you can go home the same day. ESWT can offer relief from pain and other symptoms.

#### What are the risks/side effects?

You will experience some pain/discomfort during the treatment, but you should be able to cope with this. Following the treatment, you may initially experience more pain, redness, bruising, swelling and numbness to the area. These side effects should resolve within a week, before your next treatment. There is a small risk of tendon rupture or ligament rupture and damage to the soft tissue, but studies have shown that five to seven out of ten patients have found it to be effective.

#### When you MUST NOT have this treatment

You must not have ESWT for Achilles tendinopathy or plantar fasciitis if you

- are pregnant
- are taking antiplatelets excluding aspirin 75mgs (for example, clopidogrel) or anticoagulants (such as warfarin or rivaroxaban)
- have a blood clotting disorder
- are under the age of 18
- have been diagnosed with bone cancer
- have an infection in your foot
- have a history of Achilles tendon or plantar fascia ligament rupture
- have had a steroid injection into the affected area in the previous 12 weeks

---

#### FOOT CONSULTANT CLINIC LOCATIONS

##### HAMPSHIRE

Waterfront & Solent Surgery,  
Jones Lane, Hythe, SO45 6AW

Fenwick Health & Wellbeing Centre,  
Pikes Hill, Lyndhurst, SO43 7NG

##### BIRMINGHAM

Spire Parkway Hospital  
Damson Parkway, Solihull, B91 2PP

##### LONDON

9 Harley Street  
London, W1G 9AL

Foot & Ankle Centre,  
66 Station Road, Chingford, E4 7BA

##### SECRETARY

Anne Fellows

☎ 07960 472824 [pa2footconsultant@icloud.com](mailto:pa2footconsultant@icloud.com)

##### APPOINTMENTS

☎ 07960 472824

☎ 07741 493235 [appointments@footconsultant.com](mailto:appointments@footconsultant.com)

## HEEL PAIN FACT SHEET

### How can I prepare for ESWT?

- You should not take any non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, for two weeks before your first procedure, and throughout your treatment.
- If you are unsure if any of your medicines contain NSAIDs then please check with your doctor, nurse or pharmacist.
- Wear comfortable clothing as you will be lying on your front for the treatment.
- You will need to be available for the full course of treatment.

### Will I feel any pain?

Most patients do experience some pain or discomfort during the procedure. We will attempt to adjust the treatment to help manage this.

### What happens after ESWT?

After the treatment you will be able to get up and walk straight away. If you do experience discomfort following the shockwave treatment you can take over the counter painkillers (such as paracetamol) but don't take anti-inflammatory medication (such as ibuprofen) and ice therapy, as these can interfere with the body's healing process

### What do I need to do after I go home?

You will be able to return to your usual activities straight away and can return to work immediately. However we advise you not to undertake any strenuous, pain-provoking activity or high-impact Exercise for 48 hours following the procedure.

### What if I have any pain after treatment?

If you experience a sudden onset of pain to the area or any loss of function, please contact your GP or go to your nearest "Walk-in Centre" or Emergency Department (A&E).

### Will I have a follow-up appointment?

Yes, you will have a follow-up appointment approximately 12 weeks after your final treatment.

### Further sources of information

National Institute for Health and Care Excellence (NICE). NICE has produced recommendations for patients on ESWT for Achilles tendinopathy and plantar fasciitis. These documents can be accessed on the NICE website ( [www.nice.org.uk](http://www.nice.org.uk) )

#### FOOT CONSULTANT CLINIC LOCATIONS

##### HAMPSHIRE

Waterfront & Solent Surgery,  
Jones Lane, Hythe, SO45 6AW

Fenwick Health & Wellbeing Centre,  
Pikes Hill, Lyndhurst, SO43 7NG

##### BIRMINGHAM

Spire Parkway Hospital  
Damson Parkway, Solihull, B91 2PP

##### LONDON

9 Harley Street  
London, W1G 9AL

Foot & Ankle Centre,  
66 Station Road, Chingford, E4 7BA

##### SECRETARY

Anne Fellows

☎ 07960 472824 [pa2footconsultant@icloud.com](mailto:pa2footconsultant@icloud.com)

##### APPOINTMENTS

☎ 07960 472824

☎ 07741 493235 [appointments@footconsultant.com](mailto:appointments@footconsultant.com)