

Plantar Fasciitis

Eligibility

- Pain on the plantar aspect of the heel
- Unilateral
- Usually a middle aged patient
- Pain is most severe in the morning or after prolonged sitting
- becomes worse if barefoot

Differential Diagnosis

- Stress fracture of the calcaneum
- Inflammatory arthropathy
- Retrocalcaneal bursitis/insertional achilles tendinitis – pain at achilles tendon insertion
- Tarsal tunnel syndrome- pain and sensory changes in plantar aspect of the foot

Information Required for Referral

- Detailed history of the pain (site, type, severity, diurnal variation, aggravation and relieving factors)
- Occupational history
- Associated back or joint pain
- Any history of trauma to the heel
- Any treatment used (orthotics, physiotherapy, steroids, analgesics, Extra Corporal Shockwave Therapy)
- Examination: exact location of the pain.
- Rule out retro calcaneal bursitis, tarsal tunnel syndrome by localization of the pain

Investigations Required for Referral

- Weight bearing foot X-rays
- May see a calcaneal spur (not always) associated with plantar fasciitis)
- Optional- ultrasonography- to identify thickening in plantar fascia

Fax Referral to:

Repatriation General Hospital

Fax:(08) 8374 2591

Red Flags

- Continuous pain despite the non-operative management, referral to RGH

Suggested GP Management

- Consider orthotics – arch supports/soft heel pads
- Consider physiotherapy- stretching exercises
- Analgesics and anti-inflammatory medications
- Ultrasound guided steroid injection
- Referral for the ESWT (Extra corporal shockwave therapy)
- This is often a self-limiting disease and will improve in 6 to 24 months from the onset without specific treatment.

Clinical Resources

DiGiovanni BF, Nawoczenski DA, Lintal ME, Moore EA, Murray JC, Wilding GE, Baumhauer JF. *Tissue-specific Plantar Fascia stretching exercises enhances outcomes in patients with Chronic Heel pain. A Prospective Randomised Study.* Journal of Bone and Joint Surgery 2003 Jul;85-A(7)1270-7.

Schwartz E, Su J. *Plantar Fasciitis: A concise review.* Permanente Journal 2014 Winter;18(1) e105-e107

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients



Version	Date from	Date to	Amendment
1.0	August 2014	August 2016	Original