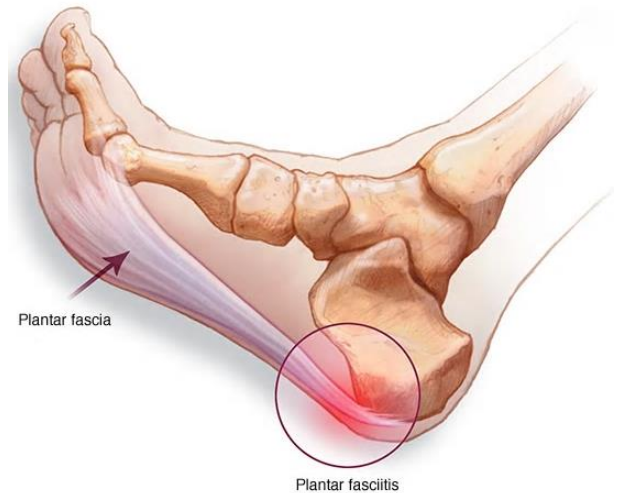


## Overview

Plantar Fasciopathy (also called plantar fasciitis) is the most common cause of heel pain.

You may experience increased pain when you first stand following rest, especially in the morning.

In most cases plantar fasciopathy will resolve in time, but this can take several months and you may need to make some adjustments during this period.



## Plantar Fasciopathy Is More Likely To Happen If You:

- Stand/walk on hard surfaces for long periods.
- Are overweight or pregnant.
- Have tight calf muscles.
- Have unsupportive shoes.
- Play sport.
- Have flat feet.



## Plantar Fasciopathy Can Be Treated With Simple Methods, Most Commonly:

- Modification to lifestyle (including work environment).
- Rest, avoid prolonged activity such as standing, walking and sports.
- Weight loss - if overweight (*Leaflet Available*) or follow link <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>
- Stretching exercises - shown below
- Use of supportive footwear. (*Leaflet available*)
- Supportive Insoles – shown below
- Support Taping. (*Leaflet available*)
- Ice massage. (*Leaflet available*)



## Footwear Advice

A well-fitting shoe with a robust sole, laces or a strap fastening will give your feet the best support. If your shoe is too flexible then you will not be getting the stability and protection your foot needs.

Your footwear should have:

- Enough depth and width for your toes to grip.
- A top fasten (lace/Velcro)
- A small heel pitch - not higher than 25mm
- A sturdy, robust sole that keeps its shape



We recommend avoiding:

- Flat shoes (canvas style)
- Flexible soles (memory foam style)
- Slip on shoes
- Ballet style pumps
- High heels

*(Leaflet available)*



## Insole Advice

If you choose to purchase insoles, build up the use gradually over a week and stop using them if you have any new pain or redness. Some aching in the foot or leg is normal whilst you get used to them. There are many insoles available and it can be difficult to choose the right one. See links below for help with choosing the correct insole:

- <https://www.amazon.co.uk/PRO-11-WELLBEING-Metatarsal-Fasciitis/dp/B00Z099HQO>
- <https://www.shoeinsoles.co.uk/express-orthotics-firm-density-blue-34-length-insoles.html>



(NB: Any recommended footwear & insoles are intended as a helpful guide, we do not endorse specific brands or websites). If you are experiencing new pain or difficulty doing these exercises contact The Podiatry and Orthotics Department on **01633 615225 option 1** or email [risca.podiatry@wales.nhs.uk](mailto:risca.podiatry@wales.nhs.uk)

## ☐ **Towel Stretch**

- Whilst in a seated position with your legs out straight, loop a towel around the ball of your foot
- Keeping your knee straight, pull the ends of the towel towards you.
- Hold for 30 seconds. Repeat 3 times each side, 3 times per day.



## ☐ **Lunge Stretch**

- Stand at arm's length from a wall or kitchen counter.
- Place one foot behind the other. Slowly bend your front knee, keeping your back leg straight and heel on the floor. Engage your core muscles.
- Hold for 30 seconds. Switch legs and repeat. Repeat 3 times each side.



## ☐ **Plantar Fascia Stretch**

- Whilst seated bring your affected foot up on to your opposite thigh.
- With your hand, pull the ankle and toes towards the knee and hold for 30 seconds, repeat 3 times.



## ☐ **Step Stretch**

- Holding onto something for support, place both feet on the bottom step hip width apart.
- Slide one foot back until only the ball of the foot remains on the step - keeping your back leg straight bend the opposite knee.
- Lower the heel off the step until a tightening is felt in the calf.
- Hold for 30 seconds. Repeat 3 times each side. Repeat 3 times per day.



## ☐ **Dynamic Stretch**

Use a ball or cold bottle of water that has been kept in the fridge. Place on the floor and roll the arch of your foot over the ball. Continue for at least 2 minutes. Repeat twice a day.



**This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg.**