

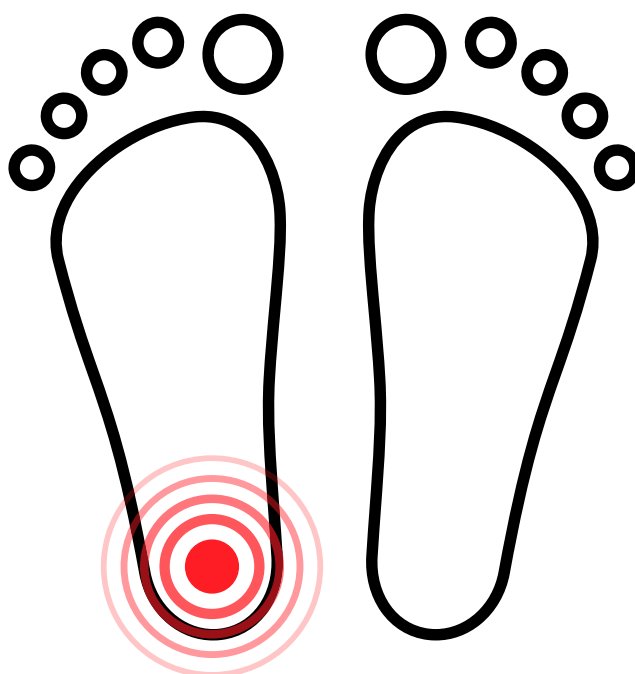


A PATIENT GUIDE TO PLANTAR HEEL PAIN SYNDROME

Body Dynamics Wellness Centre Limited

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YOUR SOLES

They tell your story!



WHAT IS PLANTAR HEEL PAIN SYNDROME?



What causes heel pain?

Do the first few steps on mornings cause you to wince in pain?

Plantar Heel Pain Syndrome is, as the name suggests, pain in the heel. It affects men and women equally.

Plantar Heel Pain Syndrome is a common problem among adults and can lead to severe pain causing significant disability and impairment of activities of daily living.

There have been many suggested risk factors associated with plantar heel pain, but it has proven to be caused by multiple factors.

The most considered risk factors are:

1. Calcaneal heel spurs (persons with heel spurs are twice as likely to have heel pain)
2. Pronated foot
3. Sporting activities e.g. running
4. Plantar fascia thickening
5. Increased Body Mass Index (BMI)
6. Prolonged standing/walking/sitting
7. Mental health: Stress depression and anxiety
8. Sedentary Lifestyle
9. Older age
10. Obesity

HOW IS HEEL PAIN DIAGNOSED?

The cause of heel pain may be determined by the location of heel pain and other relevant symptoms.



Common Causes

Local Causes

- Plantar fasciitis
- Plantar heel fat pad atrophy
- Calcaneal stress fractures
- Neurogenic causes, such as entrapment of the tibial nerve (posterior tarsal tunnel syndrome), medial calcaneal nerve, and Baxter's nerve
- Tumors, osteomyelitis, and plantar warts

Referred Causes

- S1 radiculopathy

Systemic Causes

- Rheumatoid arthritis (RA)
- Seronegative spondyloarthropathies (SpA)

What determines Plantar Heel Pain Syndrome?

Do you experience any of the following symptoms

- Pain with first steps in the morning
- Pain after long periods of rest
- Pain following an increase in activity level or change to a harder walking surface
- Pain accompanied by burning, tingling, or numbness
- Pain with specific footwear
- Pain located at the inner part of the heel





TREATMENT FOR PLANTAR HEEL PAIN SYNDROME

Stretch ... Educate ... Support



Treatment include lifestyle modification, non-steroidal anti-inflammatory drugs (NSAIDs), rehabilitation, local injection, and surgery.

Rehabilitation involves:

1. Patient education
2. Relative Rest
3. Stretching exercises
4. Strengthening exercises
5. Cold therapy
6. Custom Orthotics/Insoles
7. Taping
8. Massage Therapy

Adequate conservative therapy should be pursued for at least 3 - 6 months before any surgical intervention is contemplated. This may allow for some correction of the abnormal mechanics that may have caused the symptoms.

Chronic heel pain can make it hard to perform regular activities. While trying to prevent pain, it is important not change the natural way you walk, as this may increase the risk of knee, hip or back problems.



GET BACK TO YOUR LIFE

Relieve chronic heel pain today!



FREQUENTLY ASKED QUESTIONS

I. What can I expect at the first session?



The Assessment

At the first session we will ask you questions about your lifestyle, activity levels, pain or discomfort experienced. Please provide as much detailed information about how/when the pain started, what causes it, a description of how it feels and your current ability to perform activities of daily living. You should dress comfortably in clothes that allow easy access to your problem areas. We also want to know what you expect to gain from your sessions i.e. your goals, this will ensure that we understand what is important to you and include it in our treatment plan.

We will also look at the surrounding joints and muscles to rule out other possible causes for your symptoms. Once the assessment is complete, we will develop a treatment plan which will include a home program.

During this visit please let us know of any pain or other unusual symptoms during the assessment. At the end of your first session, you may feel tired and/or sore, do not be alarmed as this is normal. We will guide you on how to manage post exercise soreness.

This session usually takes about 45 minutes to 1 hour.

FREQUENTLY ASKED QUESTIONS

2. What is expected of me?

The Client

We want you to be involved in your healing process so feel free to ask questions or voice any concerns you may have pertaining to your condition. When giving us your information, it is vital that you give honest responses so we will know how to better evaluate and treat your condition.

In order to achieve the best outcome, it is important to attend all your scheduled appointments and adhere to the guidelines given in your home exercise program. In the early stages of rehab too much exercise (increased loading) can lead to further injury or too little exercise (decreased loading) can lead to an increase in symptoms.

3. What happens at follow up sessions

The Revisit

At follow-up sessions, please report any changes in the position, frequency, intensity or duration of your pain or changes to your activity level.

Each session will consist of a short re-evaluation, a review of home program exercises to ensure that you are performing them correctly and a series of progressive stretching and strengthening exercises and manual therapy (massage)

4. How long does the treatment process take?

The Treatment

Plantar heel pain syndrome has a good prognosis, but the healing process is slow. Treatment duration usually depends on your diagnosis, the severity of your impairments, your past medical history, and other internal and external factors.

The average number of treatments for plantar heel pain syndrome is six (6) to eight (8) treatments. Some people may get relief immediately, while it may take longer for others. If after the eight sessions there has been no changes to your symptoms you will be referred back to your physician for further investigation.

FREQUENTLY ASKED QUESTIONS

5. How will I know when I can return to my normal activities?

The Goal

Once your pain levels decrease, you can gradually resume your normal activities. Use your pain as a guide, if performing a particular activity increases your symptoms, reduce the frequency or intensity of the activity, if the pain continues, discontinue the activity for 2- 3 weeks and then gradually try again.

We want to encourage all our clients to be more active and to have confidence that their movements will not reproduce pain.

6. Do I need to continue my exercises after the program

The Maintenance

At the end of the program we will give you home exercises to continue on your own time. These exercises are designed to help with your specific condition and activity goals.

Some clients return to us several months or years after with similar physical issues, often because they have failed to maintain their regular home exercise program.

If performed consistently (minimum 3 days weekly), these exercises can become part of your daily routine which will benefit you in the long run.

10 TIPS FOR PHYSIOFIT FEET

The Day -to -Day

1. Your home exercise program is just as important as your clinic sessions. It will be in your best interest to schedule time to do the exercises thereby optimizing your rehabilitation.
2. Avoid long periods of inactivity (sitting/standing). The guidelines recommend breaking up the day with short activity breaks (every 30 - 45 mins).
3. Increase your physical activity levels. When exercising always think in terms of FIT ME - Frequency, Intensity, Time, Mode, Equipment. Adults aged 18–64 years should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity weekly with 2 - 3 days of resistance exercise
4. For athletes, gradually increase your training load, taking into consideration training surfaces and footwear.
5. Stress can manifest as physical pain, so it is important to incorporate time for Mindfulness and Meditation to help reduce anxiety and depression. Include some deep breathing exercises and relaxation techniques into your day.
6. Maintaining an optimum BMI is also important in managing your heel pain. A balanced diet incorporating anti-inflammatory foods can assist.
7. Footwear should be supportive, comfortable, and have a short heel. Avoid barefoot walking and flat, unsupportive footwear until symptoms have entirely resolved.
8. Insoles/Orthotics - not everyone would need insoles to manage their symptoms, but custom made insoles have been proven to be more effective in short term management of heel pain than pre-made insoles.
9. Other forms of management, i.e. steroid/PRP injection or surgical procedures should be considered if conservative management fails to relieve symptoms.
10. Keeping your core engaged and being aware of your posture can assist in relieving tension in the muscles of the lower extremity that can cause an increase in painful heel symptoms.

