



## Plantar Fasciitis (Heel Pain)

### Pre-referral Considerations

1. History typically includes intense pain when they first step out of bed in the morning.
2. Pain is severe when they begin walking or running, but gradually subsides with activity.
3. Dull pain often persists throughout the day. Pain is relieved by sitting but grows more intense whenever they stand or walk.
  - a) NSAIDS
  - b) Ice
  - c) Stretching exercises
  - d) Proper shoe gear
  - e) OTC arch supports (full length okay)
  - f) Reduce activities

### Lab/Imaging Studies

None

### Testing to Avoid

1. Avoid imaging of any type prior to Podiatry evaluation

### Comments

1. Podiatry may discuss: Custom Orthotics, Physical Therapy, Use of night splints, Injections, EPAT (shockwave or orthotripsy) or Surgery performed for pain relief if conservative measures fail