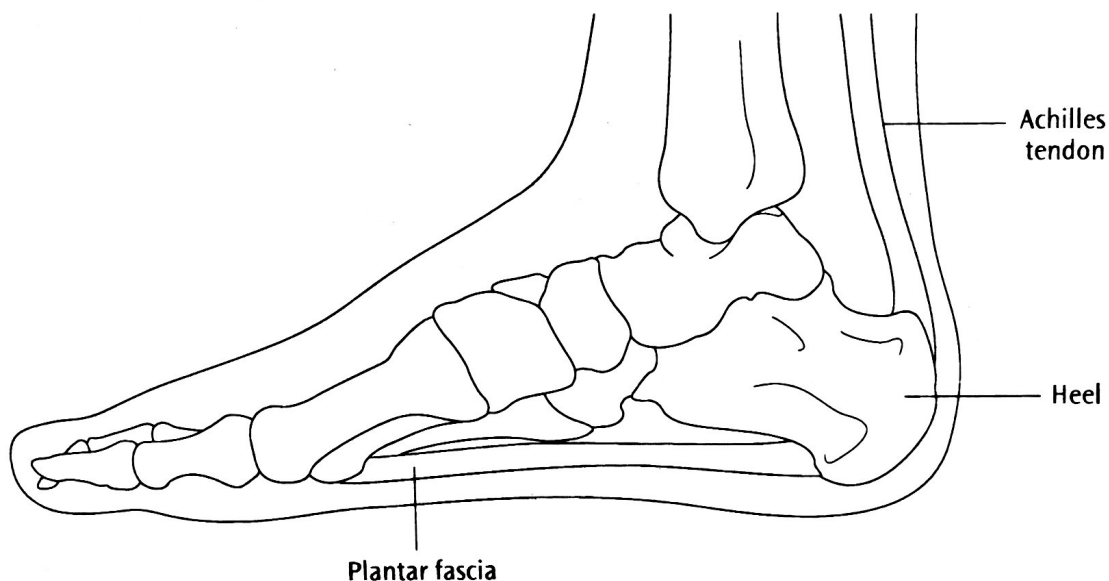


# PLANTAR FASCIITIS

(Inflammation of the instep tendons)



Your heel pain is caused by a traction injury with some inflammation of the tissues of the heel and the underside of the foot. Usually patients have a flat foot, i.e. loss of the instep (long arch of the foot). The treatment is aimed at relieving your pain and restoring this arch.

Patients often find that trainers or similar shoes give most relief. These shoes are shock-absorbing and have an arch support. You have been supplied with a pair of Sorbothane arch supports with heel pads (cushioning insoles). These should be transferred to all your shoes/boots – even your slippers. If you have a problem with only one heel please use both insoles. Please do not walk around in bare feet.

It is important to do stretching exercises for both your Achilles tendon and your plantar fascia. Please try to perform the exercises overleaf at least twice a day as this will speed the healing process and reduce the pain more quickly.

*This 'Information and Exercise Sheet' can be downloaded as html or a PDF file from the Arthritis Research Campaign website ([www.arc.org.uk/about\\_arth/rdr5.htm](http://www.arc.org.uk/about_arth/rdr5.htm)) and follow the links to 'Hands On' No 2).*

PTO