

Fact sheet

# Central Adelaide Foot & Ankle Clinics

## Orthopaedic Services

### Clinical Information Sheet

<b>Clinical Condition</b>	<b>Plantar Fasciitis</b>
Eligibility	<ul style="list-style-type: none"><li>• Pain on the plater aspect of the heel</li><li>• Unilateral</li><li>• Usually a middle age patient</li><li>• Pain is most severe in the morning or after prolonged sitting</li><li>• Get worse barefoot</li></ul>
Priority	<b>Non Urgent</b> Referral should be faxed to 08 8222 2751 (Royal Adelaide Hospital) or 08 8222 7244 (The Queen Elizabeth Hospital)
Differential Diagnoses	<ol style="list-style-type: none"><li>1. Stress fracture of the calcaneum</li><li>2. Inflammatory arthropathy</li><li>3. Retrocalcaneal bursitis/Insrtional Achilles tendinitis – Pain at Achilles tendon insertion</li><li>4. Tarsal tunnel syndrome- Pain and sensory changes in plantar aspect of the foot</li></ol>
Information required with referral	<ul style="list-style-type: none"><li>• Detailed history of the pain( site, type, severity, diurnal variation, aggravation and reliving factors)</li><li>• Occupational history</li><li>• Associated back or joint pain</li><li>• Any history of trauma to the heel</li><li>• Any treatment used ( orthotics, physiotherapy, steroids, analgesics , Extra Corporal Shockwave Therapy)</li><li>• Examination: Exact location of the pain.</li><li>• Rule out retrocalcaneal bursitis , tarsal tunnel syndrome by localization of the pain</li></ul>
Investigation required for diagnosis	<ul style="list-style-type: none"><li>• Weight bearing foot X rays</li><li>• May see a calcaneal spur ( not always) associated with plantar fasciitis)</li><li>• Optional- Ultrasonography- to identify thickening in plantar fascia</li></ul>



Pre-Referral management strategies (include with referral)	<ol style="list-style-type: none"> <li>1. Consider orthotics – arch supports/soft heel pads</li> <li>2. Consider physiotherapy- stretching exercises</li> <li>3. Analgesics and anti-inflammatory medications</li> <li>4. USG guided steroid injection</li> <li>5. Referral for the ESWT ( Extra corporal shockwave therapy)</li> </ol> <p>This is often a self- limiting disease and will improve in 6 to 24 months from the onset without specific treatment.</p>
Discharge Criteria/information	<p>Improving symptoms with non-operative management</p> <p><b>Red flags:</b> Continuous pain despite the non-operative management.</p>
Fact sheets	<p><a href="http://www.footlogics.com.au/images/PFfactsheet.pdf">http://www.footlogics.com.au/images/PFfactsheet.pdf</a></p>

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## For more information

### Foot & Ankle Clinics

Royal Adelaide Hospital, North Terrace Adelaide, Telephone: 08 8222 4000

The Queen Elizabeth Hospital, 28 Woodville Road, WOODVILLE Telephone: 08 8222 6000 [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

