

## Plantar Fasciitis (Sole pain around the heel)

Plantar Fasciitis is a condition that causes pain in your sole around your heel. It is generally caused by inflammation of plantar fascia (elastic like band on the sole of your foot underneath the skin). This fascia attached to your heel pain and this is the most common site of discomfort.

It commonly affects people who are on their feet for long hours.

### Symptoms

Most patients would note pain on their sole, especially around the heel. Some patients get severe burning sensation. Symptoms are often quite severe in the morning after a busy day at work. It may also cause difficulty with footwear and may also hamper your ability to carry out work duties.

### Clinical Management

Initial management (for milder cases) includes establishing the diagnosis and use of simple treatment measures like use of shoes with soft sole, gentle stretching exercises, use of orthotics, painkillers and anti-inflammatories, etc.

If the symptoms remain persistent, further treatment options include corticosteroid injection (cortisone injection), shock wave therapy or surgery to release the tight plantar fascia.

### Surgical treatment for Plantar Fasciitis

Surgery is generally the last resort for this condition. If other treatment modalities have failed to give you long lasting benefit, surgical treatment can be considered. Surgery is carried out generally whilst you are put to sleep (General Anaesthetic).

Surgery involves release of tight plantar fascia using a small cut on your sole. If any obvious bony spur is noted, it can be removed at the same time.