Welcome to Queensferry Podiatry

Established in 1999, we have been committed to a professional and friendly podiatry service for over 25 years.
Covering everything from nail problems, hard skin and corns to comprehensive diabetic foot care and check-ups, biomechanical assessments, orthotic fitting and nail surgery.

Kirsty and her associates are degree trained Podiatrists and are registered with the Health Care Professionals Council (HCPC) and members of the Royal College of Podiatrists.

Individual Advice:

hcpc registered
www.hcpc-uk.org

Registered Royal College of Podiatry Member

Contact Information

Forth Physio
27 High Street, South Queensferry
EH30 9PP

Phone
0131 331 1296

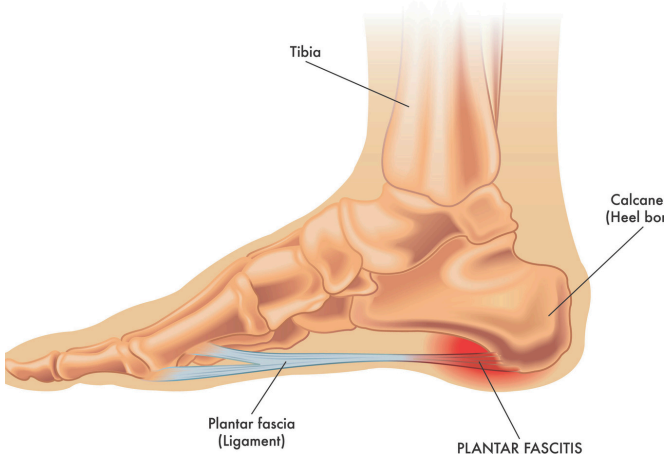
Email
queensferrypodiatry@gmail.com

Book online:
www.queensferrypodiatry.com

Scan QR code

Find us easily with our location map.

Queensferry Podiatry



Treatment Options

Plantar Fasciitis

www.queensferrypodiatry.com

What is Plantar Fasciits?

Plantar fasciitis is one of the most common types of heel pain. It involves inflammation of the thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes (plantar fascia).

Symptoms?

The main symptom of plantar fasciitis is pain on the bottom of your foot, around your heel and arch. The pain is usually worse with the first few steps after awakening, although it can also be triggered by long periods of standing or when you get up after sitting. The pain is usually worse after exercise, not during it.

What Causes it?

Your plantar fascia is in the shape of a bowstring, supporting the arch of your foot and absorbing the shock while you walk. If tension and stress on this bowstring becomes too great, small tears can occur in the fascia.
Repeated stretching and tearing can irritate or inflame the fascia. Even though plantar fasciitis can develop without an obvious cause, some factors can increase your risk of developing this condition.
These include:

- Wearing poorly fitting, worn-out, or unsupportive shoes or trainers.
- Doing regular high-impact activities such as running – or suddenly increasing how much of these activities you do.
- Foot mechanics - flat feet, a high arch or even an abnormal pattern of walking can affect the way weight is distributed when you're standing and can put added stress on the plantar fascia.
- Being overweight or obese.
- Spending a lot of time on your feet. For example, having a job where you're standing or walking around all day.

Don't

- Do not walk or stand for long hours.
- Do not wear high heel or tight pointy shoes.
- Do not wear flip flops or backless slippers.
- Try not to walk barefoot on hard surfaces.

Plantar Fascia Exercises

To view a video of some exercises, please visit our website or scan the QR code and scroll down to the relevant link.

- Intrinsic Towel Strengthening Exercise
- Cold Therapy Massage with Bottle
- Plantar Fascia Wall Stretch
- Standing Calf Stretch (Gastrocnemius and Soleus)

Self Help

- Regularly changing training shoes used for running or walking.
- Wearing shoes with good cushioning in the heels and good arch support.
- Losing weight if you are overweight.
- Regularly stretching of your calf, the plantar fascia and Achilles tendon, especially before exercise.
- Avoiding exercising on hard surfaces.

Treatments

Your podiatrist can show you some exercises to stretch your plantar fascia, calf muscles, and Achilles tendon.

Taping your foot. This involves applying athletic tape to the sole of your foot and around your heel. It's normally left in place for three to five days.

If required, your podiatrist can supply an insole (orthotic) to help provide support.

Extracorporeal shock-wave therapy - a machine is used to deliver high-energy sound waves through your skin to the painful area on your foot.

Most people recover within about a year if they follow these measures. It can be quicker than this. But it usually takes at least six to eight weeks to see any improvement in your symptoms.