

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:



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Plantar Fibroma

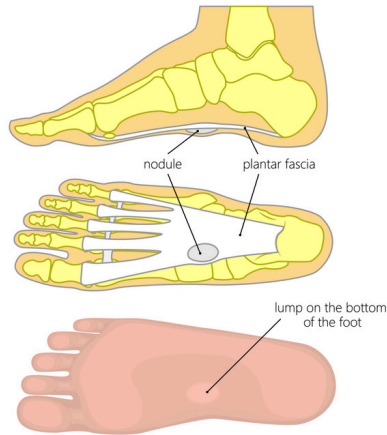


Advice for Patients



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PLANTAR FIBROMA



What is a plantar fibroma?

A plantar fibroma is a fibrous benign lump located on the sole along the arch area.

Plantar fibromas are embedded within the plantar fascia, the band of tissue that extends from the heel bone to the base of the toes on the bottom of the foot.

Plantar fibroma can develop in one or both feet and may look or feel like one or multiple lumps.

Cause?

No one is quite sure of the cause of plantar fibromas, but there is evidence that trauma to the plantar fascia may cause them to form.

The most common type of trauma is simply over-stretching of the plantar fascia due to the arch flattening too much. When the arch flattens, the foot gets longer and this stretches the fascia. In some people this excessive stretching can lead to formation of fibromas.

Symptoms?

The presentation of a plantar fibroma may not result in pain; if pain occurs, it can be caused by pressure from shoes over the lump along the arch of the foot. This pressure may be increased when walking or standing, and pain may also be experienced if standing barefoot.

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What can help?

- In the early stages, when the nodule is single and/or smaller, it is recommended to avoid direct pressure to the nodule(s).
- A good supportive shoe with a fastening, such as a trainer, may help. Avoid completely flat shoes.
- Deflective padding may be useful.
- Exercises that stretch the calf muscle and plantar fascial band help ease pain in daily activity. This may help reduce your pain but will not shrink the nodule itself.



Treatments

It is not possible to remove the fibroma without surgery, however, this should be a last resort reserved only for the most severe cases. This is because it is common for plantar fibromas to re-occur after surgery. The treatments for plantar fibroma may include:

- Orthosis - special shoe inserts may be prescribed, incorporating padding in the lump area to reduce any direct pressure on the lump.
- Footwear - A good supportive shoe with a fastening, such as a trainer, may help. Avoid completely flat shoes. Careful choice of shoes to increase cushioning and depth in the sole and arch area.
- Steroid injections - A steroid injection may reduce the pain caused by the irritation of an adjacent nerve. Otherwise, injections are of no benefit and may even enlarge the fibroma.
- Surgery - A small percentage of people may need surgery if the pain continues following non-surgical treatment choices.

Plantar fibroma may not cause any symptoms other than the awareness of the lump in the sole of the foot; in these cases, no treatment is required.