

Gonorrheal Heel

Jogger's Heel

Policeman's Heel

Tennis Heel

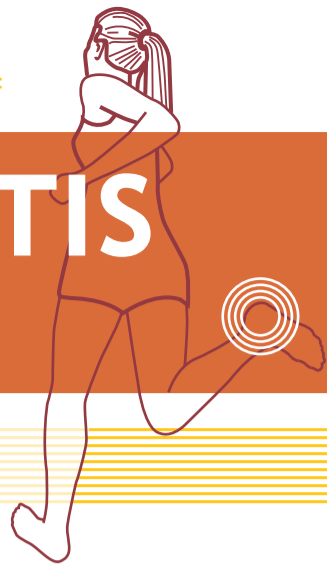
NORTHERN ARIZONA UNIVERSITY



Physical Therapy

# PLANTAR FASCIITIS

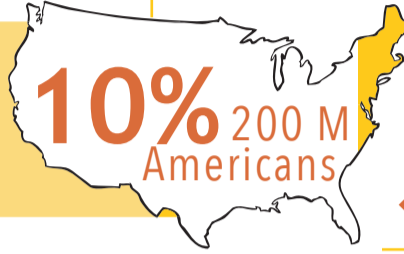
## #1 CAUSE OF HEEL PAIN



### WHAT IS IT?

An inflammation of a thick band of tissue that connects the heel bone to the toes.

### RISK FACTORS



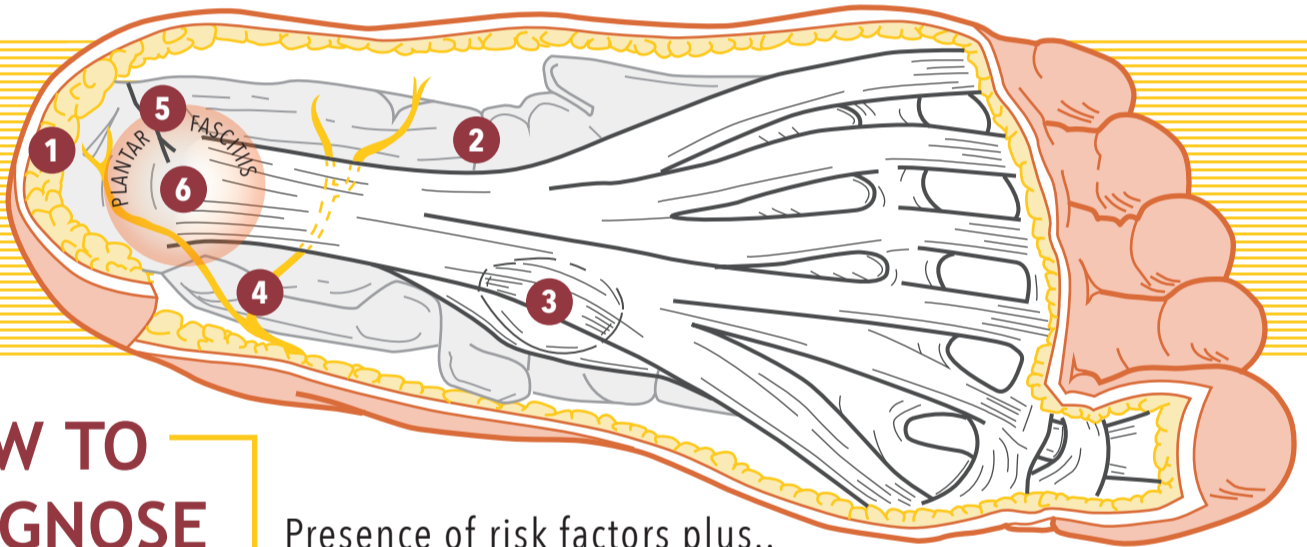
### PREVALENCE

MAYBE...



### DIFFERENTIAL DX

- 1 Fat Pad Atrophy
- 2 Spondyloarthritis
- 3 Fibroma
- 4 Nerve Entrapment
- 5 Calcaneal Fx
- 6 Heel Spur

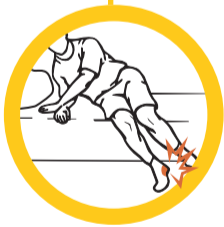


### HOW TO DIAGNOSE

Presence of risk factors plus..



Imaging limited role



Heel Pain esp. w/ 1st steps



Painful palpation



+ Windlass Test



- Tarsel Tunnel Test



↑ Foot Posture Index Score

### TREATMENT

# A

LEVEL EVIDENCE



WHAT ABOUT Dry Needling & Ultrasound

**WEAK EVIDENCE**

### ALL BETTER?

- Foot Function Index (FFI)
- Foot Health Status Questionnaire (FHSQ)
- Foot & Ankle Ability Measure (FAAM)
- Lower Extremity Functional Scale (LEFS)



Michael Rathleff



Mark Cornwall

## EXPERTS

## REFERENCES:

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