

**Clinical Guideline:** Plantar Fascitis Site: FPH

Pain under heel

History

General Information

**Please use MSK/Tier 2 services if available**

**Role of MSK if available**:

Reassessment by a podiatrist

Offer further physio/podiatry advice

Consider injections if unavailable by GP

* Self-help advice e.g. raised heel, arch supports
* Advice on physiotherapy exercises
* Consider injections

Advice and Treatment

**Consider referral if:**

* No improvement after 6 months
* GP unable to undertake injections
* Unable to work

Referral Guidelines – red flag signs

Investigation

Tenderness under heel

Examination