

Joint Examination and Injection Course

Mr Nadim Aslam
Consultant Orthopaedic Surgeon
Spire Bone and Joint Clinic

Worcestershire Knee and Hip Clinic

PLANTAR FASCITIS

Plantar Fasciitis

- Pain under heel on WB
- Pain worse getting out of bed or after inactivity
- Pain can extend along medial foot
- May or may not have spur, not the cause. Xray does not change management
- Treatment:
- Lose weight
- Gel heel pads/ Arch support
- Injection if mobility impaired

Injection of Plantar Fasciitis

- Pain under heel
- Medial approach less painful
- 40 mg Depomedrone/ lidocaine mix by medial approach

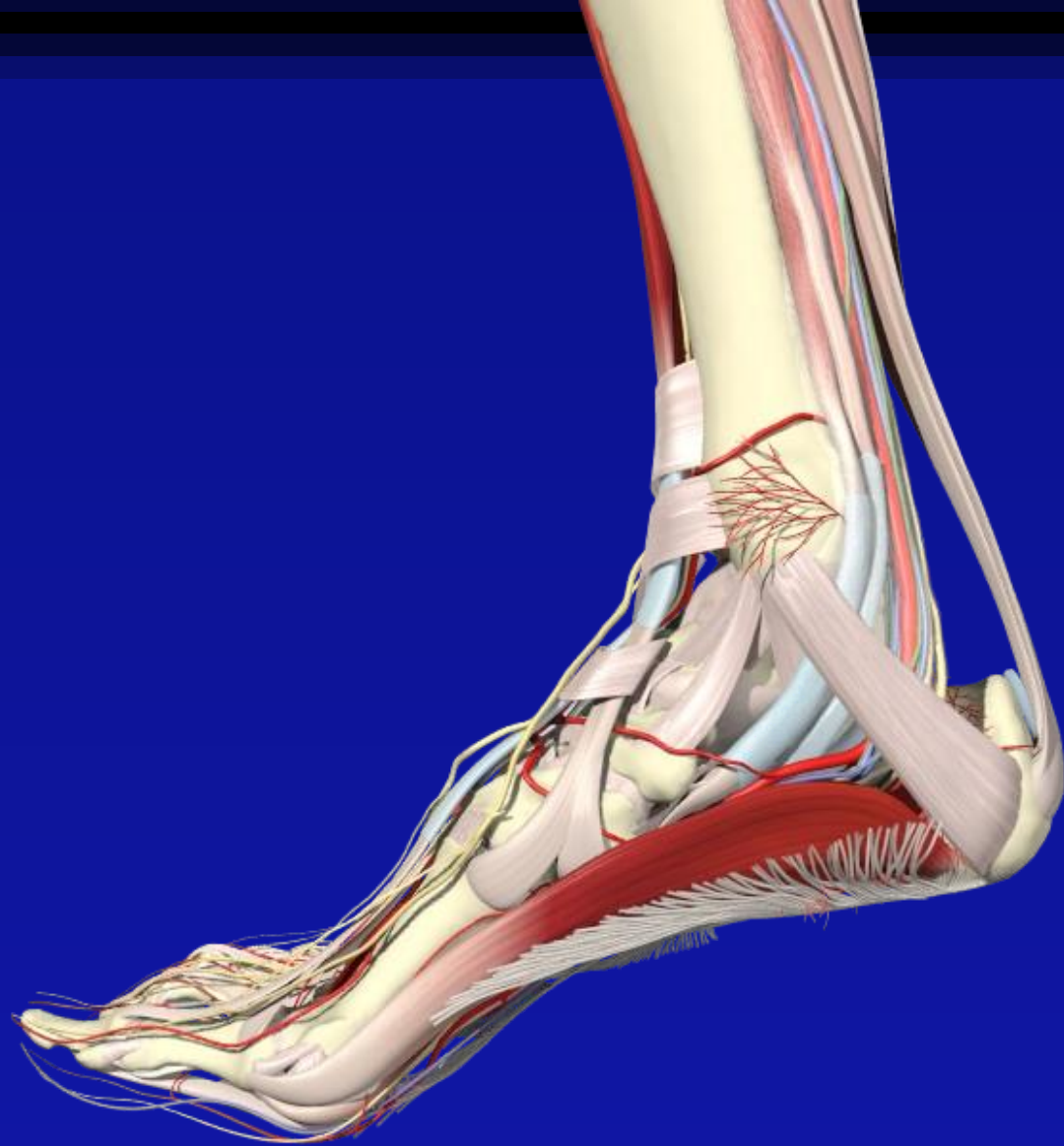


© Primal Pictures 2009



Nadim Aslam
Consultant Sports and Reconstructive Knee and Hip Surgery





© Primal Pictures 2009



Nadim Aslam
Consultant Sports and Reconstructive Knee and Hip Surgery

WxHC
Worcestershire Knee and Hip Clinic

THE END