

## **Plantar Fasciitis – to inject or not**

The injection of steroid in the treatment of Plantar fasciitis has been a common practice of GP's for many years and the literature supports that it is effective in the short term, but does not offer a long term fix.

In addition it does not come without its own set of problems i.e. the increase risk of rupture with repeat injections.

The main focus of the treatment for Plantar fasciitis currently is to address the mechanical overload of the plantar fascia, hence why all the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> stage treatments used currently within the foot & ankle pathway focus on mechanical therapies such as stretches, low dye taping, orthoses and night splints.

It is only when these have failed that we then consider the use of a steroid injection - it is a final stage option.

### **Summary of when to consider steroid injections for Plantar Fasciitis**

- Cortisone Injection should be considered in cases where mechanical interventions have failed.
- Cortisone injection should be considered in cases where there is an acute inflammatory process that has not been eased by mechanical therapies.