



squareone
PHYSIO + PILATES + EXERCISE

Plantar Heel Pain Case Study

Case Study 1:

Mrs A is a 56-year-old retail worker with 2/12 history of inferomedial heel pain. She describes her pain as worse on waking 8/10NPRS which settles to 4/10NPRS after about 2-3 minutes of walking. Her pain is quite sharp when walking and settles when she is able to sit down. Her pain progressively worsens by the end of the day where she feels unable to do the 5km evening walk that she normally performs 4-5x per week. She does not have any neurological symptoms, nor any previous history of foot and ankle pain/injury.

- What are the key pieces of information in this case study?
- What further information would you like to know?
- What is your differential diagnosis?
- What would you assess in the objective assessment?
- What would your advice and treatment plan be at session 1?
- What would your advice and rehab plan be at week 4 when Mrs A's symptoms are at worst 2-3/10NPRS?

Case Study 2:

Mr B is a 30-year-old runner that has a 1/12 history of heel pain. His pain extends from his heel to the middle of his arch and he occasionally feels it more medially in the calcaneus. He describes his pain levels as being about 4/10NPRS which improves after the first 1km of his run then worsens after 5km, and feels quite sore the morning after running. He has been training through his pain but is finding increasing difficulty with his running program. He is training for a half marathon in 5 months. He is currently in week 6 of his training program and currently runs 4x week (2x 6km runs, 1x speed session and 1 long run 10km). he also goes to the gym 1-2x week for resistance-based training.

- What are the key pieces of information in this case study?
- What further information would you like to know?
- What is your differential diagnosis?
- What would you assess in the objective assessment at session 1?
- What would your advice and treatment plan be at session 1?
- What would you assess at week 4 when Mr B's symptoms are 2/10NPRS with running?
- What would your advice and rehab plan be at week 4 when Mr B's symptoms are at worst 2-3/10NPRS?