



# Royal Perth Hospital Orthopaedic Service

## Condition specific referral criteria

### Plantar Fasciitis

#### Criteria for specialist referral via CRS

- Pain on the plantar aspect of the heel.
- Unilateral.
- Pain is most severe in the morning or after prolonged sitting.
- Pain becomes worse if barefoot.
- Unsuccessful trial of “Required GP management” (see below).

#### Information required for referral

All referrals must include comprehensive medical history, relevant test results and a detailed summary of treatment to date.

If required, diabetic control with a targeted HbA1C of < 7.5% (or 58 mmol/mol) and documentation of weight loss management for patients with a BMI > 40.

Also required:

- Detailed history of the pain, deformity and swelling (location, severity, type, aggravating and relieving factors).
- Details of any associated back or joint pain.
- Any history of trauma to the heel.
- Any previous treatments.
- Occupational history.

#### Investigations required for referral

- Full weight bearing foot x-rays.

Optional: Ultrasonography to identify thickening in plantar fascia.

#### Required GP Management prior to referral

- Referral to physiotherapy and/or podiatry.
- Orthotics.
- Stretching exercises of calf and plantar fascia.
- Analgesics and anti-inflammatory medications.
- Ultrasound guided steroid injection (unless contraindicated).

This is often a self-limiting disease and will improve in 6 to 24 months from the onset without specific treatment.