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Managing plantar fasciitis in primary care - the role of patient education and exercises

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Background: Plantar fasciitis is the most commonly reported cause of inferior heel pain. It is characterised by severe and sharp heel pain. It is one of the most prevalent musculoskeletal conditions and the lifetime prevalence is 10%. The majority of patients will have pain for more than 12 months and 25% of patients will lose workdays because of their heel pain. Plantar fasciitis is usually treated in primary care using a combination of patient education and exercises.

The question is how do we educate our patients and offer them sound advice on exercises to help them manage their heel pain? And how do we offer an individualised treatment that is based on patient preferences and best available evidence? The purpose of this workshop is to provide the participants with up-to-date evidence on managing plantar fasciitis in primary care and learn how to apply this in primary care.

Methods: This workshop will be practically oriented. It will start with a short update on recent research findings related to treating plantar fasciitis. Afterwards there will be mix of cases related to the diagnosis and treatment of plantar fasciitis and group discussions of the cases. The workshop will be centred around the role of self-management, exercises and individualised treatment.

After the workshop, it will be possible to download a copy of the patient education material (leaflet and video) that is presented during the workshop and receive a link to further educational material that can be used for continued learning.