



**8<sup>th</sup> BIENNIAL  
EMIRATES  
PHYSIOTHERAPY  
CONFERENCE**  
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CONRAD DUBAI, UAE**

**ORGANIZED BY**



## Managing Plantar Heel Pain in Practice

17 October 2022

**Course Director: Dr. Henrik Riel**

### Contents of the Course

Plantar heel pain is a highly prevalent condition in both non-athletic and athletic populations. Despite its prevalence, little is known about the pathology, risk factors, prognosis, and the best possible treatment. The programme will take you through all the steps from diagnosing to treating the condition. Teaching will be a mixture of presentations, practical assignments, and case-based group work.

### Learning Objectives

- Be able to differentiate plantar heel pain and plantar fasciopathy from other common types of foot pain
- Improve your confidence in deciding on which of the many different treatments you should prescribe based on the latest evidence available
- Have an up-to-date knowledge about the risk factors, deficits, and prognostic factors that you can use to tailor treatment to your patient
- Have knowledge about stepwise approaches to treat the condition when first-line treatment fails

### Target Audience

The course will be suitable for physiotherapists, podiatrists, and other healthcare personnel who see patients with plantar heel pain or have a special interest in the condition.