

Menopause and Plantar heel pain



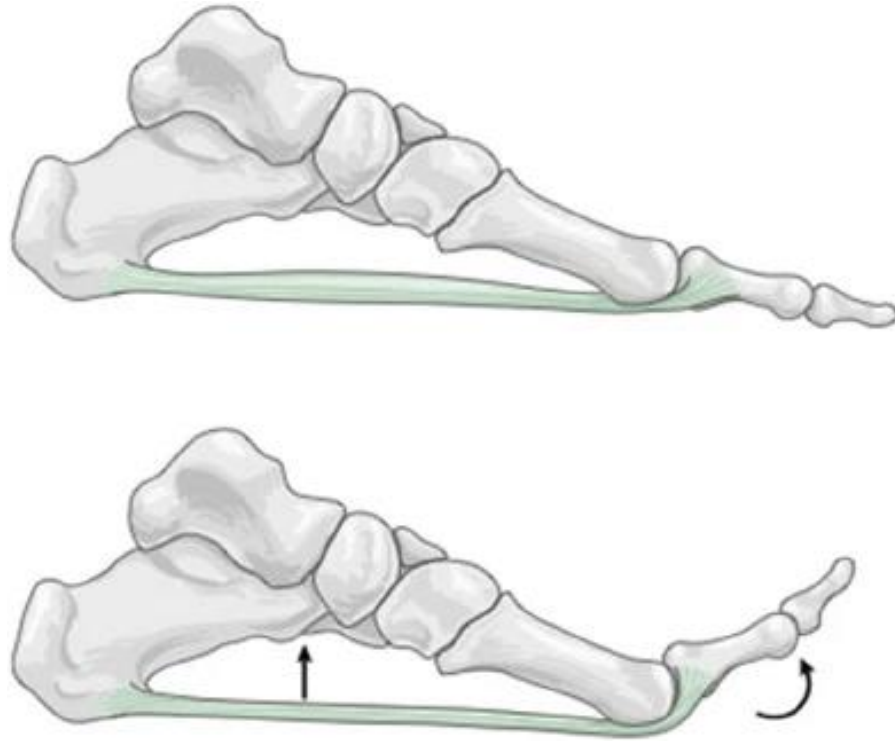
Matthew Douglas-Harris

Extended Scope Podiatrist

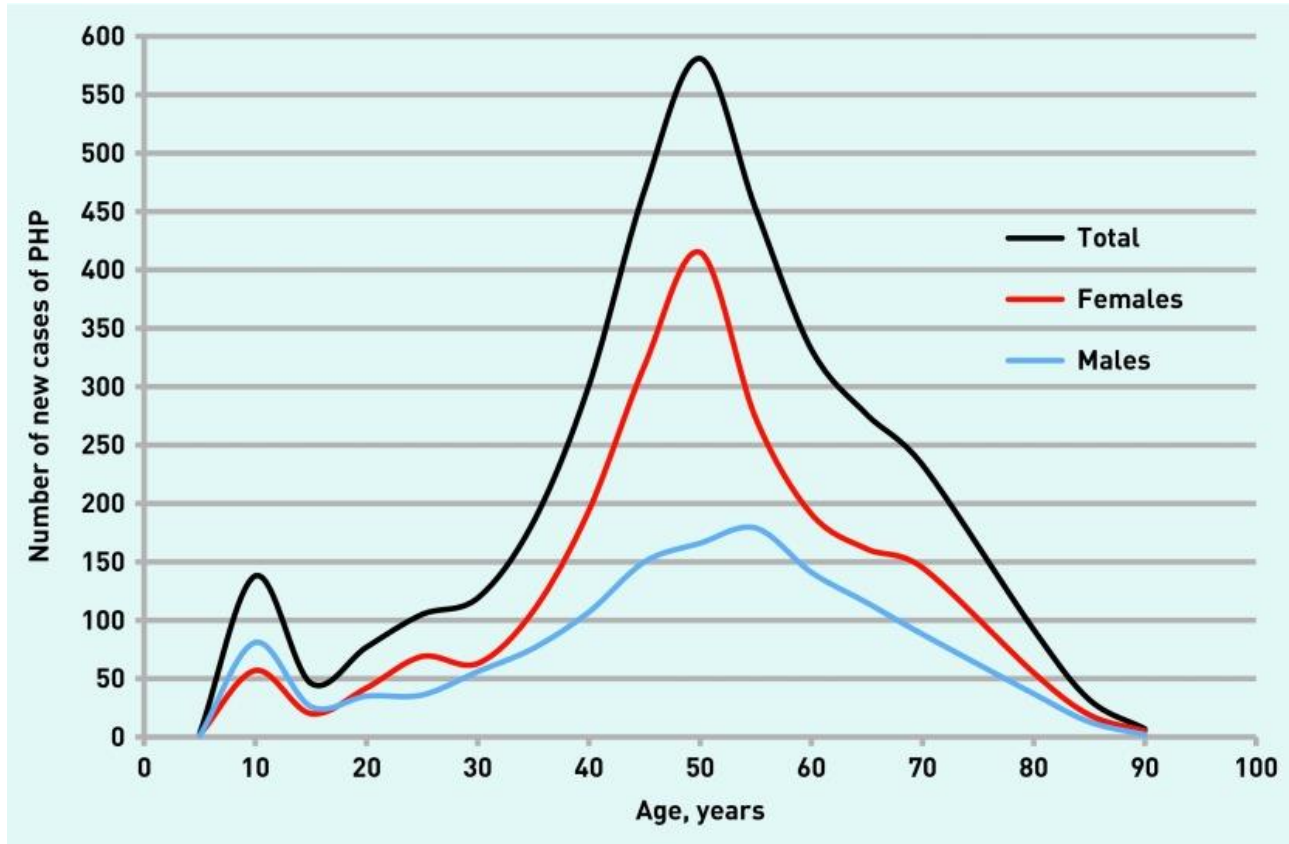
Newcastle upon Tyne Hospitals



Plantar heel pain



Incidence & Duration



Rasenberg et al 2019

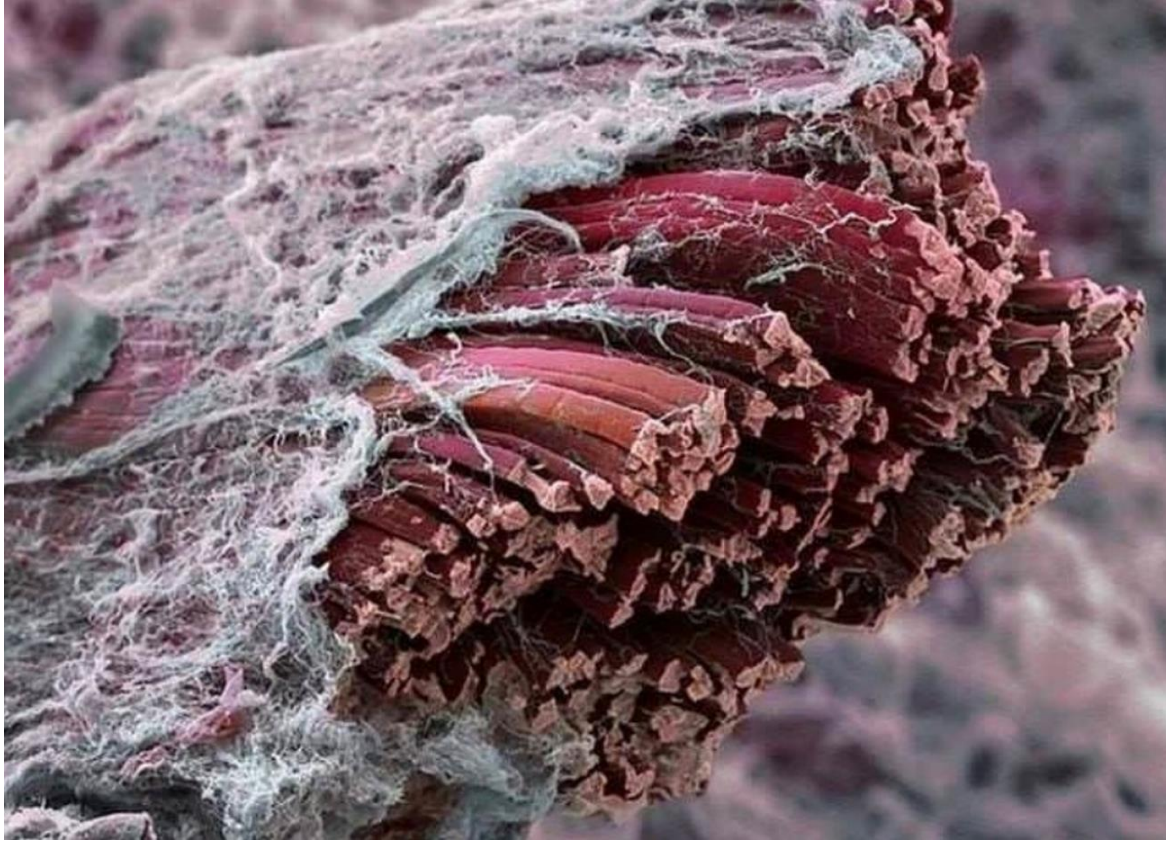
Average time to resolution?

725 days!

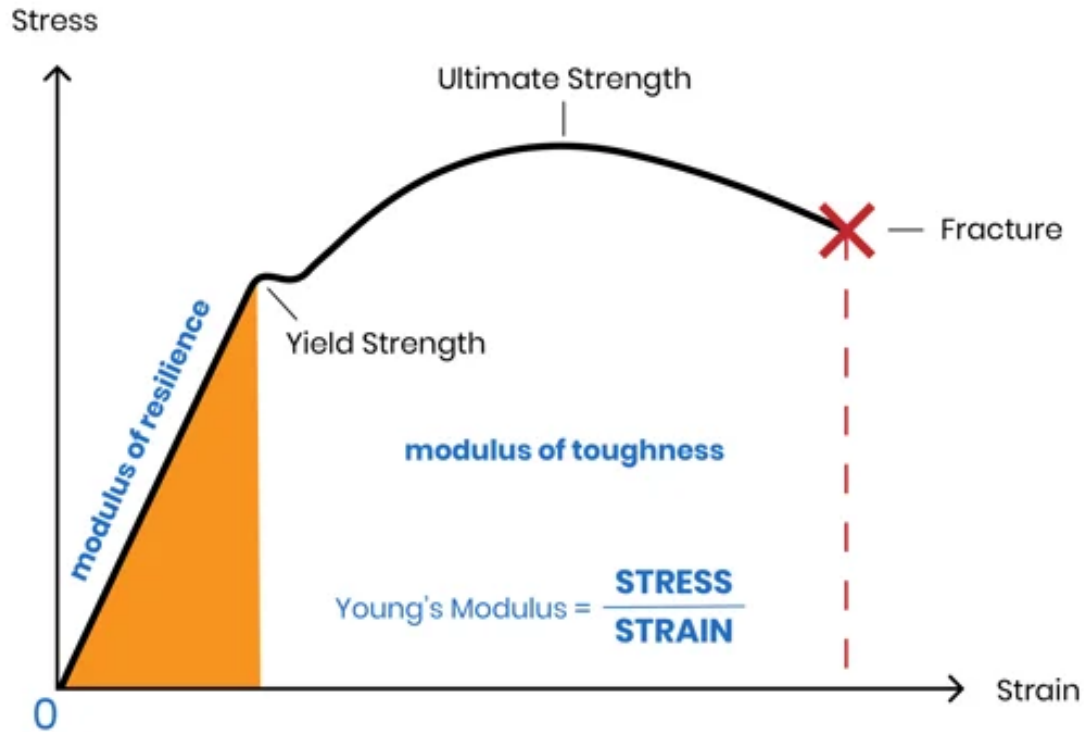
Hansen et al 2018



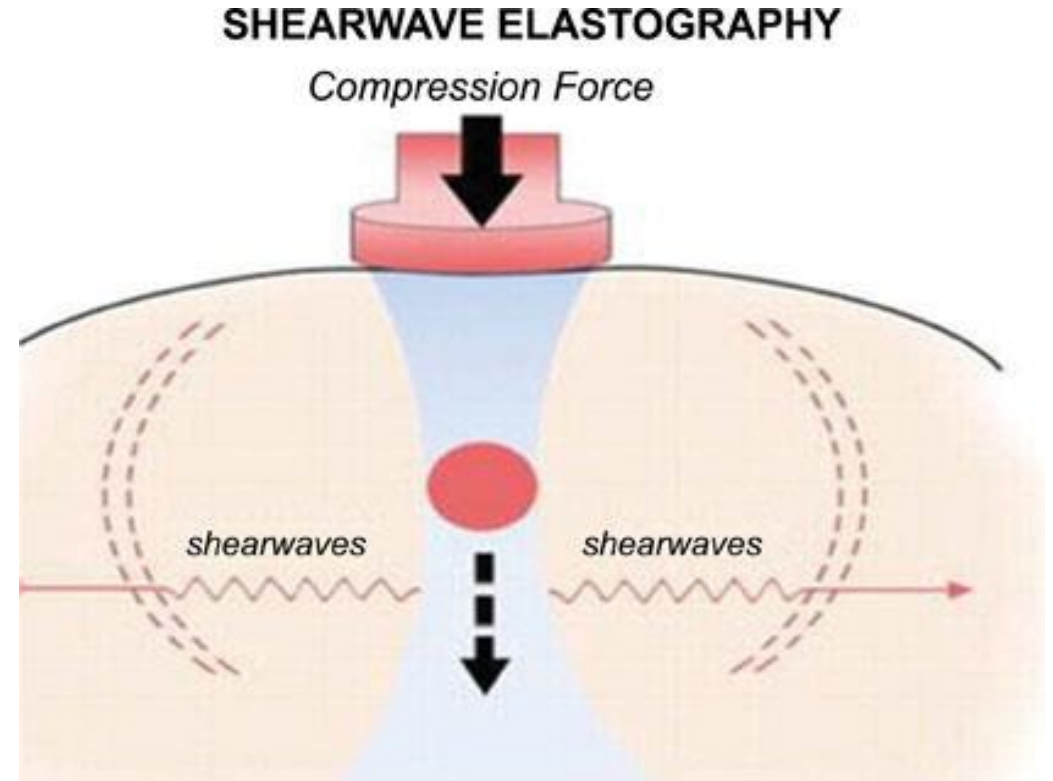
Fascia



Young's Modulus = Stress / Strain



Fasciopathy?

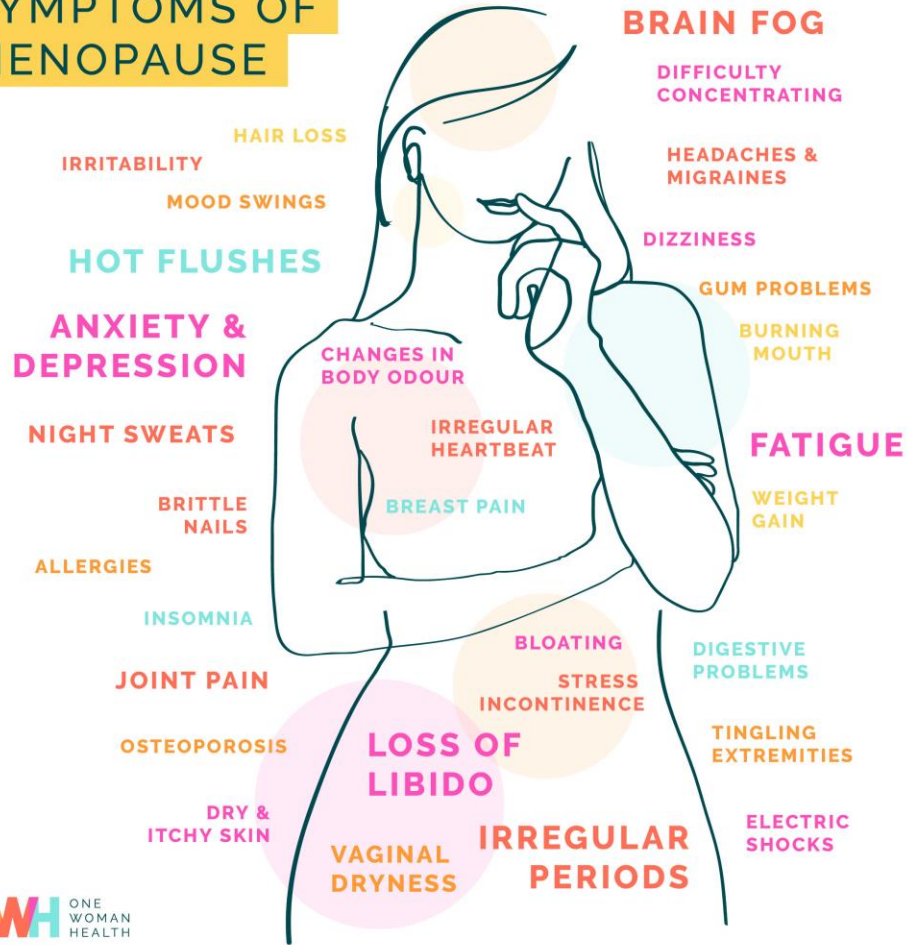


Sex difference in fascial tissue

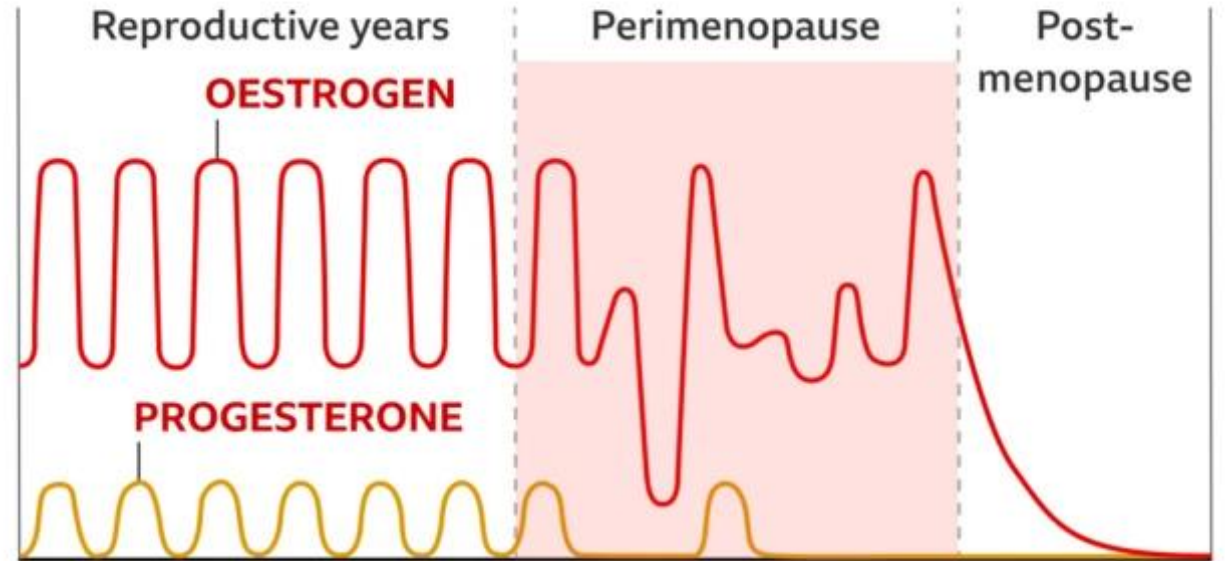


Healthcare at its best
with people at our heart

SYMPTOMS OF MENOPAUSE

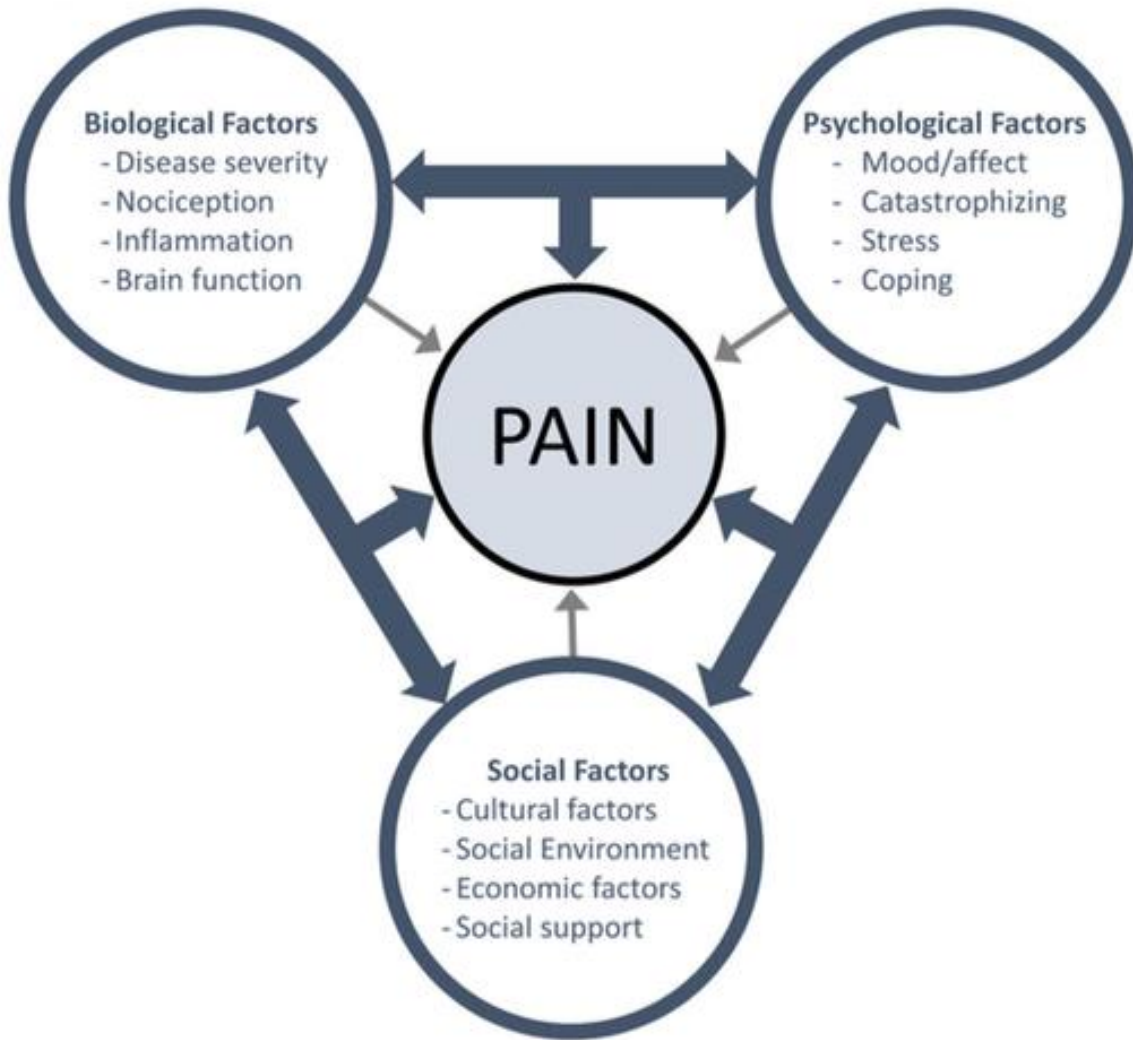


The menopause transition



Source: Dr Paula Briggs, Fast Facts for Menopause





“Pain experienced on most days or every day, in the previous three months, that causes restriction in at least one activity”

Kang et al 2023





- Menopausal history
- MSK problems beyond the foot
- Holistic view of the patient



Thank you...



Mrs Nicola Coates
Dr Helen Branthwaite
Dr Arthur Pratt
Dr Jayasree Ramaskandhan
Dr Linda Tinkler
Prof Jo Lally
Dr Jaj Mankalow
Mr Richard Lyons
Dr Lindsey Cherry
Dr Ben Hood



References

www.tamethebeast.org
www.newsonhealth.co.uk

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