HEEL PAIN: LOOKING BEYOND PLANTAR FASCIITIS
(1 CE HOUR / .1 CEUs)

PDH Academy Course #PT-1604

Course Abstract
This course encourages clinicians to look beyond plantar fasciitis in their evaluation and diagnosis of plantar heel pain, presenting differential diagnoses and examining evidence-based treatment options.

NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.

Approvals
To view the states who approve and accept our courses, CLICK HERE.

Target Audience & Prerequisites
PT, PTA – no prerequisites

Learning Objectives
By the end of this course, learners will:

- Identify elements of plantar fasciitis diagnosis and treatment
- Recognize components of foot and ankle anatomy
- Recall elements of foot and ankle evaluation
- Differentiate between 4 causes of heel pain other than plantar fasciitis
- Identify evidence-based management techniques for heel pain

Timed Topic Outline
I. Plantar Fasciitis Overview (5 minutes)
II. Foot & Ankle Anatomy (5 minutes)
III. Evaluation (10 minutes)
IV. Differential Diagnosis (30 minutes)
   Fat Pad Atrophy, Heel Pain Syndrome, Nerve Entrapment, Posterior Tibialis Tendonitis
V. Management (5 minutes)
VI. Conclusion, References, and Exam (5 minutes)

Delivery Method
Correspondence/internet self-study with a provider-graded multiple choice final exam. To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.

Cancellation
In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

Accessibility and/or Special Needs Concerns?
Contact customer service by phone at (888)564-9098 or email at support@pdhacademy.com.

Course Author Bio and Disclosure
Joseph W. Spagnolo PT, DPT, OCS, MTC received a BA in History from the University of Virginia, a Masters in Physical Therapy from Virginia Commonwealth University, and a transitional doctoral degree and Manual Therapy Certification from The University of Saint Augustine. He is an Orthopedic Certified Specialist through the American Physical Therapy Association.

Since 1997, he has been employed by Rehab Associates of Central VA, where he became a partner in 2002. He specializes in the foot and ankle, and treats a wide range of patients, including athletes, post-surgical, and degenerative conditions.