

Plantar Fibroma

Waikato Podiatry - Patient Information



Pain Reduction

Reducing direct pressure on the fibroma as well as stretching the tissue to release the adhesions can be very useful in managing the pain.

Soft bastel products with specific unloading areas are very effective in reducing painful pressure.

Radial shockwave therapy has been successfully used to treat this condition also.

Unlike in hands, surgery is seldom required for removal in the foot.

What is it?

A plantar fibroma is a benign (non-malignant) nodule that forms within the soft tissue (plantar fascia) under the feet. The plantar fascia is a band of fibrous tissue that runs from the heel to the toes. Unfortunately, plantar fibromas are unlikely to get smaller or go away. The causes of fibromas are not clearly understood. It can be associated with conditions such as dupuytren's which may also be found in the hands.

How do I know if I have it?

The characteristic signs of a plantar fibroma are: Thick nodules in the plantar arch, or a noticeable firm lump under the arch of the foot. This mass may get larger or multiple lumps may form over time. However, the lump may also remain the same size over your lifetime.

Diagnosis is usually in the form of examination of the lesion and a history of its development. However, a diagnosis can also be achieved using ultrasound, or MRI imaging tests. These tests can also rule out differential diagnoses such as cysts, granulomas, and malignancies.



What might be the cause?

Pain is usually a result of direct irritation of the fibroma in shoes OR from poor biomechanics. Fibromas may also present without pain.

How can it be treated?

Non-surgical treatment is recommended for plantar fibromas. Unfortunately, non-surgical treatment will not get rid of the lump but reduce the associated pain.

Non-surgical management consists of:

- Footwear selection to avoid pressure on the painful area or lump
- Orthotics can be used to help distribute pressure away from the plantar fibroma.
- Shock wave therapy can reduce the pain and bulk of the lesion in some cases.
- Steroid Injections can help. A steroid injection is an anti-inflammatory medication that can reduce inflammation and pain associated with the fibroma. If successful, it may become easier to walk, stand and wear shoes.

In severe cases, surgery may be considered. This involves removing the fibroma. However, this procedure increases your chances of having a flattened arch or the formation of digital deformities such as hammertoes.

Still in Pain?

Are you are feeling like you have tried everything but are still in pain?

Do you feel like you have seen every health practitioner you can about your shin pain?

We have a track record of diagnosing and successfully treating plantar fasciitis cases that have previously proven difficult to resolve and we'd love to help you get back on your feet doing what you love.

***Providing the people of Waikato
with a centre of podiatry excellence***

Contact Us

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Call us or drop us an e-mail & we'll get back to you as soon as possible to discuss your fibroma and possible solutions.



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Long Term Solution

As with most conditions getting the correct diagnosis in the first place is so important and with 51 different causes of heel pain, this is especially important with suspected plantar fibroma.

The sooner you get a correct diagnosis and treatment starts, the sooner you will be pain free.

Even with successful treatment, the lump (or lumps) may remain the same size over your lifetime.

Prescribed medical insoles and appropriate footwear will help - this method of treatment is supported by published research.

The type of insole used will be dependant on a number of factors like what sort of shoes you wear, sports involvement, length and duration of the problem, as well as previous treatments. So insole choice is best discussed with your podiatrist.

Over the counter insoles can help some people. But bear in mind you may not have over the counter feet.

Stretching and massaging of the affected area can be beneficial to reducing pain and size of the lumps.

