Little evidence of benefit for injected corticosteroids in plantar heel pain

Clinical Question	How effective are injected corticosteroids for treating plantar heel pain in adults?
Bottom Line	There was low quality evidence that local steroid injections (compared with placebo or no treatment) might slightly reduce heel pain for up to one month after treatment, but not in the longer term, including up to six months. The available evidence for other outcomes of this comparison (longer-term function or treatment failure) was very low quality. Follow-up was from one month to over two years. Where available, the evidence from comparisons of steroid injections with other interventions used to treat heel pain and of different methods of guiding the injection was also very low quality. Although serious adverse events relating to steroid injection were rare, these were under-reported and a higher risk could not be ruled out.
Caveat	The evidence for all reported outcomes, including heel pain, for the other comparisons was very low quality.
Context	Plantar heel pain, commonly resulting from plantar fasciitis, often results in significant morbidity. Treatment options include nonsteroidal anti-inflammatory drugs, orthoses, physiotherapy, tibial nerve block, physical agents (e.g. extracorporeal shock wave therapy, laser) and invasive procedures including steroid injections.
Cochrane Systematic Review	David JA et al. Injected corticosteroids for treating plantar heel pain in adults. Cochrane Reviews, 2017, Issue 6. Art. No.: CD009348.DOI: 10.1002/14651858.CD009348.pub2. This review contains 39 studies involving 2,492 participants.

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