

Plantar Fibromas

Plantar fibromas are benign non cancerous growths found usually on the arch of the foot. If they are large enough they can cause discomfort but by themselves are not painful without pressure. They are not dangerous and do not need to be treated, unless symptomatic. Diagnosis of plantar fibroma cannot be 100% without a biopsy. MRI is often inconclusive due to the small size and location. They are invested in the thick ligament on the bottom of the foot called the plantar fasciia. The plantar fasciia supports the arch of the foot and when over stressed can form small tears which are thought to lead to plantar fibromas. These firm nodular scar like bumps can be felt just below the skin. Other than some redness of the skin from irritation there is no involvement directly with the skin. Excision of these lesions is usually unsuccessful because the scar tissue from removing them may cause more to form. The first line of treatment is to get the pressure off of them with insoles, padding or custom arch supports with cut outs for the fibromas. Injections can be very effective at reducing the size of these lesions. Lesions that are unresponsive to these treatments that are associated with a tight plantar fasciia are treated with endoscopic lengthening of the plantar fasciia. By lengthening the ligament the stress on the fasciia is reduced and this can result in the lesions decreasing in size or disappearing all together.