encyclopaedia and covers an extremely broad range of conditions, including those of the urinary tract. The important facts about benign prostatic hypertrophy are presented in a logical fashion, although the text is sometimes vague and 'pros & cons' of some of the treatments are not discussed. There is no FAQ section and only a small rudimentary part on guidance on what to ask a physician during consultation. Altogether, this is a very average effort into exploring and educating the public on what is a very common condition. The website would benefit from editing the information and adding some simple diagrams.**

Planter fasciitis

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Plantar fasciitis is the most common cause of inferior heel pain. Its aetiology is poorly understood by many, which has led to a confusion in terminology. It is said to affect patients between the ages of 8–80 years, but is most common in middle-aged women and younger, predominantly male, runners. What follows is a review of selected internet sites providing up-to-date information for both orthopaedic surgeons and their patients.

The Physician and Sportsmedicine

http://www.physsportsmed.com/issues/2002/07_02/fields.htm

The Physician and Sportsmedicine is a peer-reviewed, monthly journal serving the practicing physician's professional and personal interests in the medical aspects of exercise, sports, and fitness. This is an American website based in New York which offers an excellent resource for orthopaedic surgeons in general and those with an interest in foot and ankle surgery. Topics covered include pathology, key clinical findings, and studies of treatment options and treatment approach. The site provides an overview of plantar fasciitis and describes the evidence behind the treatment options. The site lacks detailed images or interactive content, but does give a concise review on the subject and is a good resource for orthopaedic trainees.***

The American Academy of Family Physicians

<http://www.aafp.org/afp/990415ap/2200.html>

This is the official site of the American Academy of Family Physicians. The topic entitled 'Plantar Fasciitis and Other Causes of Heel Pain' discusses the aetiology, presenting symptoms, diagnosis, treatment options and a review of the differential diagnosis of other causes of heel pain. The authors of this review are podiatrists and the treatment options including surgical management are well described. This website is of value to orthopaedic surgeons and podiatrists alike and reminds the treating surgeon of the multiple differentials of heel pain and the treatment modalities of each condition. The site contains few diagrams and concentrates predominantly on the treatment of the condition but is, nonetheless, a valuable source of information.**

British Medical Journal

<http://bmj.bmjournals.com/cgi/content/full/315/7101/172>

Published by the *British Medical Journal*, this article provides an excellent overview on planter fasciitis. It is based on the experience of the authors from the Royal National Orthopaedic Hospital at Stanmore and describes recent concepts that have changed in its management. The article is well laid out and covers the aetiology, diagnosis, examination, investigation and treatment of the condition. There are several diagrams and illustrations as well as summary points that emphasise the important issues. Concise and practical reviews on the investigations required in managing the condition are described and it is well referenced throughout. An excellent resource for orthopaedic surgeons and GPs with an interest in foot and ankle surgery.****

e-medicine

<http://www.emedicine.com/pmr/topic107.htm>

This offers an excellent resource for the orthopaedic surgeon, giving comprehensive clear information which is well referenced. It includes logical subheadings for background, pathophysiology, symptoms and signs, diagnosis and treatment. The site emphasises the importance of physical therapy in the treatment of the condition and describes an intensive rehabilitation programme as well as other modalities of non-surgical treatment including shockwave therapy and Botulinum toxin A injections. It is an excellent concise and comprehensive site.****

Wheless Textbook of Orthopedics

http://www.whelessonline.com/ortho/plantar_fasciitis

This site provides a wealth of information to the orthopaedic surgeon, giving comprehensive technical information. Topics covered include the pathophysiology, examination and treatment of planter fasciitis. There are links to references that relate to the subject including planter fascia release where the anatomy of the fascia and the procedure are described. Wheless on-line is an essential source of information to any orthopaedic surgeon and provides an excellent concise review on planter fasciitis and several valuable references. Highly recommended.****

The Internet Society of Orthopaedic Surgery and Trauma

<http://www.orthogate.org/patient-education/foot/plantar-fasciitis-heel-pain.html>

This is the official site of the Internet Society of Orthopaedic Surgery and Trauma and is predominantly targeted towards patients. The site provides a concise and practical overview of planter fasciitis describing the anatomy, causes, diagnosis and treatment options. The site has good illustrations of the anatomy of the foot and is jargon-free making it reader friendly. A useful resource for patients and medical students.**

Heelspurs

http://heelspurs.com/_intro.html

This is an interesting website dedicated to planter fasciitis. It has been written by an ex-patient and provides excellent detailed and comprehensive information on symptoms, causes and treatments available. It lists FAQs and includes procedures such as endoscopic planter fasciotomy and heel spur removal. The website is sponsored and products can be purchased. Useful to patients and junior doctors.**