

PLANTAR FASCIITIS



What is plantar fasciitis?

The plantar fascia is a thick fibrous tissue that runs along the bottom of the foot from the heel to the beginning of your toes. It provides structural support and stability. When the weight of your body moves to the balls of your feet the plantar fascia is stretched. When the fascia becomes irritated and inflamed it is called plantar fasciitis.

What are the causes of plantar fasciitis?

- Forceful extension of the toes against an unyielding surface
- Poor footwear
- Running improperly (poor technique)
- Obesity
- Flat feet
- High arch

Severe cases of Plantar Fasciitis should be followed up with a physician. Surgery is not often used, but is warranted if treatment does not help and symptoms become worse.

What are the signs and symptoms?

- Pain, especially near the heel
- Pain that is relieved with rest
- Pain first thing in the morning
- Pain with walking, especially when pushing off toes

What is the treatment for plantar fasciitis?

- Ice
- Maintain a healthy weight
- Shoe Inserts/ wear athletic shoes
- Anti-inflammatory or pain reliever
- Roll a ball or can under your foot
- Stretching prior to getting out of bed

Basic Stretching

