

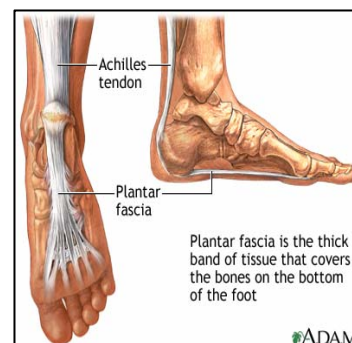


PLANTAR FASCIITIS



What is plantar fasciitis?

It is painful inflammation of the plantar fascia, and is one of the most common causes of heel pain. The plantar fascia is a thin, but tough, layer of tissue that supports the arch of the foot. This tissue may become overused, irritated, or have small micro-tears that create the inflammation. People with plantar fasciitis typically have more pain in morning or with the first steps after sitting for a while. They also may walk with a limp due to the pain.



Where does it occur?

Pain can span across the entire bottom of the foot or is localized near the bottom of the heel. Pain may be more intense with the first few steps of the day or after prolonged periods of sitting, standing, or physical activity.

What are possible causes?

- Tight or weak calf muscles
- Flat feet or feet with a high stiff arch
- Sudden weight gain
- New walking or running program or change in surface
- Job where you are on your feet all day
- Unsupportive shoes



How does physical therapy treat it?

- Rest – reduce levels of activity
- Ice – freeze a water bottle and roll it under foot
- Stretch – gastrocnemius and soleus
- Strengthen – ankle muscles, foot intrinsic muscles
- Manual therapy – joint mobilizations, massage
- Orthotics or change to appropriate shoes

