

THINGS YOU SHOULD KNOW ABOUT PLANTAR FASCIITIS

In the Clinic
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What is plantar fasciitis?

- The plantar fascia is a band of tissue similar to a ligament that runs under the heel to the toes and supports the arch.
- Plantar fasciitis occurs when degenerative abnormalities develop in the plantar fascia.
- Plantar fasciitis is the most common cause of heel pain.

What factors increase risk?

- Being over 40 years of age.
- Being overweight or obese.
- Being on your feet for extended periods.
- Increase in intensity, duration or frequency of impact loading physical activities, particularly running.
- Wearing shoes with poor cushioning or no arch support.

What are the common symptoms?

- Symptoms are worse in the morning and lessen with moderate foot activity.
- Limping or other signs of foot discomfort when walking.

How is it diagnosed?

- Your doctor will ask about the nature of your heel pain and about your general health and physical activity.
- Your doctor will also examine your foot, checking for tenderness and pain.



How is it treated?

- Avoid walking barefoot.
- Wear shoes with good arch support and cushioned heels, such as athletic shoes.
- Massage and stretch the fascia in the morning, such as by rolling the foot over a can.
- Use ice after exercise and over-the-counter pain relievers.
- Orthotic devices are sometimes useful.
- An injection may be useful, but there are risks of adverse effects.
- Plantar fasciitis usually improves within a year or 2.

For More Information

www.nlm.nih.gov/medlineplus/heelinjuriesanddisorders.html
Overview on heel injuries and disorders from the National Institutes of Health's MedlinePLUS.

http://orthoinfo.aaos.org/topic.cfm?topic=A00149&return_link=0
Information on plantar fasciitis from the American Academy of Orthopaedic Surgeons.

http://orthoinfo.aaos.org/topic.cfm?topic=A00172&return_link=0
Information on orthotic devices for various foot conditions from the American Academy of Orthopaedic Surgeons.

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