

PATIENT EDUCATION

Plantar Fasciitis

Plantar Fasciitis

Plantar fasciitis is a common cause for heel pain. “Plantar” means the bottom of the foot, “fascia” is a type of connective tissue and “itis” means inflammation.

The plantar fascia is the flat band of tissue (ligament) that connects your heel bone to your toes. It supports the arch of your foot. If you strain your plantar fascia, it gets weak, swollen and inflamed, which causes your heel or the bottom of your foot to hurt when you stand or walk.

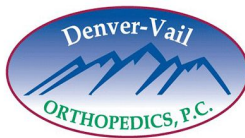
Symptoms

Most people with plantar fasciitis will experience pain when they take their first steps after they get out of bed or sit for a long period of time. And although the pain may subside after a few steps, it may return as the day goes on. Standing for a long time or climbing stairs will cause additional pain.

You are more likely to get Plantar Fasciitis if you are overweight, if you have a job that requires a lot of walking or standing on hard surfaces. You are also at risk if you walk or run for exercise, especially if you have tight calf muscles that limit how far you can flex your ankles. People with very flat feet or very high arches are also more prone to plantar fasciitis.

There is no one single treatment that works best for everyone. But there are things you can try to help your foot feel better.

- Give your foot a rest
- Cut back on activities that make your foot hurt
- Try not to walk or run on hard surfaces
- To reduce swelling and pain, try putting ice on your heel
- Or take an over-the-counter pain reliever



PATIENT EDUCATION

Plantar Fasciitis

Exercises

The following are a few exercises that might help alleviate the pain:

In one exercise, you lean forward against a wall with one knee straight and heel on the ground. Your other knee is bent. Your heel cord and foot arch stretch as you lean. Hold for 10 seconds, relax and straighten up. Repeat 20 times for each sore heel.

In the second exercise, you lean forward onto a countertop, spreading your feet apart with one foot in front of the other. Flex your knees and squat down, keeping your heels on the ground as long as possible. Your heel cords and foot arches will stretch as the heels come up in the stretch. Hold for 10 seconds, relax and straighten up. Repeat 20 times.