

Plantar Fasciitis

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What is it?

- Plantar Fasciitis is the most common cause of heel pain
- The plantar fascia is a strong fibrous band of tissue connecting the heel bone (calcaneus) to the base of the toes on the bottom of the foot
- The plantar fascia often tightens over time and/or with activity
- With repetitive weightbearing activity painful microscopic tears of the fascia can occur
- Pain occurs due to the body's natural inflammatory response to microtearing (normal healing response)

Figure 1: Typical Pain location in Plantar Fasciitis



Pain in the heel is the classic symptom, particularly:

- o At the bottom of the heel and along the arch of the foot (Figure 1)
- o First thing in the morning after one takes his or her initial steps
- o With sudden use after sitting after sitting for a prolonged period
- o At the base of the heel and along the mid arch
- o Tends to initially improve with use, but worsens after prolonged standing

Risk factors for plantar fasciitis include:

- o Recent change in activity level (ex. New workouts)
- o Job or lifestyle requiring prolonged standing or walking on hard surfaces
- o Tight calf muscle
- o Middle aged (natural wear and tear and tightening of fascia over time)
- o Overweight (increases pressure on the fascia)
- o Runners or pregnancy
- o Very flat feet or very high arches
- o Poorly supportive shoe wear

Treatment

Plantar fasciitis can be successfully treated without surgery in the VAST MAJORITY of cases (if treatment is performed consistently).

Non-Operative treatment includes:

- o Stretching: Calf & Plantar Fascia (Figures 2 & 3)
- o Activity modification including:
 - o Stop any aggravating activity (ex. running on hard surfaces)
 - o Looking for opportunities to sit more
- o Change to more supportive shoe wear if necessary
- o Weight Loss
- o Anti-Inflammatory Medication (NSAIDs)
- o Comfort shoes with a stiff sole
- o Orthotic with arch support & soft surface
- o soft-tissue massage / ice massage / foot roller
- o Plantar fascia night splint x 2-3 weeks

- o Local corticosteroid injection (if part of a coordinated program)
- o Due to the high rate of success of non-operative treatment surgical treatment is usually reserved for patients that have failed 6-12 months of appropriate and consistent non-operative treatment

Plantar Fasciitis Night Splint

- Provides gentle stretch to the plantar fascia and Achilles tendon
- Helps alleviate night time foot and heel pain
- Lightweight, low profile shell is sturdy and breathable
- Three padded straps with buckles to ensure immobilization
- Soft foam interior is breathable to eliminate heat buildup



Amazon: "Plantar Fasciitis Night Splint"

Strassburg Sock for Plantar Fasciitis

- Lightweight breathable material can be worn for hours as a supplement to traditional treatments
- It might feel uncomfortable at first, that's to be expected as it's keeping a controlled stretch
- Ease pain with an EFFECTIVE STRETCH of calf muscle and soft tissues of foot and ankle
- Simply wear to bed for relief of plantar fasciitis, tight calves and Achilles tendinitis
- It can help reduce or eliminate the first few painful steps in the morning.
- Pull adjustable dorsiflexion strap to desired position for slight, gentle, effective stretch of plantar fascia



Amazon: "Strassburg Sock for Plantar Fasciitis"