

PLANTAR FASCIITIS

Plantar fasciitis is the most common cause of heel pain. The plantar fascia is a band of tissue that runs across the bottom of your foot connecting your heel to your toes. Normally, this band acts to support the arch in your foot, but when the band becomes too tight or has too much stress, small tears or inflammation can occur causing a stabbing type pain in the bottom or heel of your foot. The pain is usually worse when first standing in the mornings or after sitting for long periods of time.

CAUSES

Plantar fasciitis usually develops gradually and can occur in one or both feet. There are many different causes for plantar fasciitis, starting with structural issues, including having your feet "roll in" when walking (pronating), having high arches, or having flat feet. Certain activities which place a lot of stress on your heel can also contribute to developing plantar fasciitis, including walking, standing, or running on hard surfaces for long periods of time. Age and gender can also play a role; plantar fasciitis is most likely to develop in people between 40 and 60 and is more common in women than men. It can also be caused by something as basic as not wearing the proper type of shoes.

TREATMENT

Although there are many different types of treatments for plantar fasciitis, physical therapy can be very beneficial. Treatment can include a proper stretching program to focus on stretching the plantar fascia and Achilles tendon as well as strengthening of the muscles of your foot, ankle, and possibly hip. Rest and applying ice can also be helpful. In addition, you may want to take a look at the shoes you are wearing to make sure you are getting proper support. Orthotics can be used to help provide the support you need to prevent putting too much strain on your foot.

When you are at home, try staying off your feet if the pain is severe. If not, apply ice and make sure you don't go barefoot. Regarding exercise, avoid high impact activities that worsen your condition, try taking shorter runs, or replace those activities with something low impact like biking or swimming.

Please feel free to contact Physical Rehabilitation Institute if you are suffering from plantar fasciitis or if you have symptoms similar to plantar fasciitis. We would love to be able to help you "get back on your feet"...

www.webmd.com

www.mayoclinic.com

INSTITUTE

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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