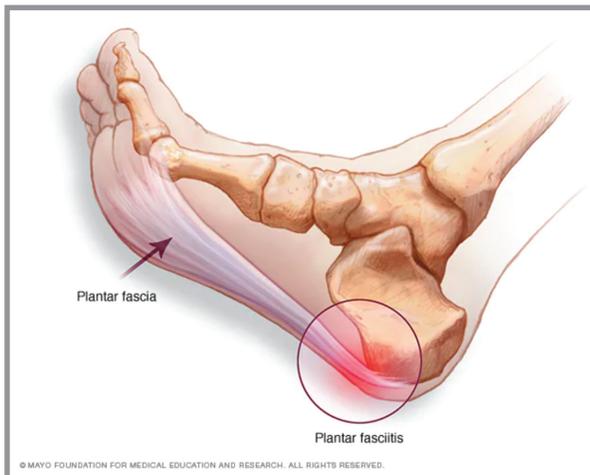


HEEL PAIN (PLANTAR FASCIITIS)

Heel pain is most often caused by plantar fasciitis, a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst. Because there are several potential causes, it is important to have heel pain properly diagnosed. Our providers are able to distinguish between most possibilities and determine the underlying source of your heel pain.



What is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed, resulting in heel pain.

What causes Plantar Fasciitis?

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches, either overly flat feet or higharched feet, are more prone to developing plantar fasciitis.

Tightness in the calf muscle and achilles tendon also

contributes to the overload of the plantar fascia and the development of plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when one's job requires long hours on the feet. Obesity may also contribute to plantar fasciitis.

Symptoms of Plantar Fasciitis

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides but returns after spending long periods of time on their feet.

Diagnosis of Plantar Fasciitis

To arrive at a diagnosis, your provider will obtain your medical history and examine your foot. Throughout this process, they will rule out all the possible causes for your heel pain other than plantar fasciitis. In addition, diagnostic imaging studies such as x-rays or other imaging modalities may be used to distinguish the different types of heel pain.

Sometimes heel spurs are found in patients with plantar fasciitis, but these are rarely a source of pain. When they are present, the condition may be diagnosed as plantar fasciitis/heel spur syndrome.

Continued

Treatment for Plantar Fasciitis – S.I.P.S.

STRETCHING

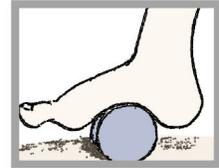


- Stretch at least 3 times each day, doing each of the stretches listed below
- Stretch BOTH legs 3 times; each session for 30 seconds
- Stretch before and after activities or exercise

ICE



- Ice at the end of the day and/or after activity
- Fill a 20 oz. water bottle with water and freeze
- Place the ice bottle on the ground and roll the arch of your foot over top of the bottle



PILLS



- If indicated by your provider, take anti-inflammatory medication

SUPPORT



- Always wear good, supportive shoes (No flats, flip-flops, or high-heels)
- Always wear your inserts/orthotics after they are broken in



1. Toe Curls with Towel

With foot resting on towel, slowly bunch towel up as you curl your toes.

2. Toe Extension

Sit on a chair and place your ankle over the opposite knee. Grip toes and gently pull them back towards the knee, while holding the ankle to prevent it from moving. Feel the stretch in the sole of the foot all the way to the heel.

3. Calf/Heel Stretch on Stairs

Standing with ball of the foot on a stair, reach for the bottom step with the heel until a stretch is felt along the arch of the foot.

4. Standing Calf/Heel Stretch

Keep back leg straight, heel on floor with foot turned slightly outward. Lean toward wall until stretch is felt in calf.