

Fast Facts

Plantar Fasciitis

- Thick band of tissue that connects your heel bone to your toes along the bottom of your foot is the plantar fascia
- Plantar fascia is the ligament that supports the arch of the foot and absorbs shock when walking, running or exercising
- It becomes stressed and has too much tension placed on it by repetitive stretching and tearing
 - When inflamed, it's known as plantar fasciitis
- Certain things increase risk of developing: being between the age of 40 and 60, being flat-footed, having a high arch, having an abnormal walking pattern, being overweight, participating in certain type of activities and having a job that require you to walk or stand on hard surfaces for long periods of time
- Important to treat because it can cause chronic heel pain that can affect your ability to participate in your normal everyday activities
- If you alter the way you walk to reduce the amount of pain in your foot, you can end up with foot, knee, hip or back problems

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Sharp, stabbing pain in the bottom of foot near heel -Pain is worse when you first wake up in the morning and after longer periods of standing or sitting because the ligament -Pain gets worse after exercise	<p><i>At Home:</i></p> <ul style="list-style-type: none"> -Rest -Ice -Stretching -Wear splint at night -Take over-the-counter anti-inflammatories <p><i>Doctor:</i></p> <ul style="list-style-type: none"> -Injections of steroid medication or platelet-rich plasma -Extracorporeal shock wave therapy -Tenex procedure -Surgery to disconnect the plantar fascia from heel bone 	<ul style="list-style-type: none"> -Wear shoes that provide good arch support and shock absorbency -Avoid high heels, flip flops and worn-out athletic shoes -Maintain a healthy weight -Try sports that don't stress plantar fascia (swimming or bicycling) -Stretch calves, Achilles and feet after exercise and periodically

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