

Plantar fasciitis

The plantar fascia is a broad ligament on the underside of the foot that attaches from the heel bone to the ball of the foot. It helps to support the arch and acts as a spring mechanism to assist in walking/running. When it becomes inflamed, it most commonly presents at the heel, but this may also occur in the arch and near the ball of the foot. Plantar fasciitis can present in all age groups and activity levels. Your structural foot type, shoe gear, and lifestyle contribute greatly to the development of this condition.

Treatment includes:

1. **STRETCHING**- Calf stretches 3-5 times/day, especially **before** any sports. See the figure below:



Be sure to do the following stretches 3-5 times/day:

- Wall stretch
- Band Stretch
- Step stretch

2. **Ice** with frozen water bottle 2-3 times/day at 15 minute intervals, especially **after** activity (walking, standing, etc).
3. Wear appropriate, **supportive shoe gear**. Avoid bare feet and flip-flops.
4. Wear **sport orthotics** as directed by doctor.
5. Take **anti-inflammatories** as directed by doctor before and after sports.
6. Temporarily discontinue any sports that aggravate this condition or try switching to a non-impact activity.
7. Cortisone injections can assist in reducing pain and addressing inflammation but do not resolve the condition.

Buy shoes that do NOT bend in the arch!

This may take several weeks to months to resolve completely. If you do not notice any improvement within a few weeks of starting the above regimen, there are more aggressive treatment options available. We can discuss them at that time.