



# Prairie Path Foot and Ankle Clinic

## Plantar Fasciitis

---

### **What is Plantar Fasciitis?**

Plantar fasciitis is an overuse injury most often seen in active men and women. It is diagnosed with the classic symptoms of pain well localized over the heel area of the bottom of the foot. Often the pain from plantar fasciitis is most severe when you first stand on your feet in the morning. Pain often subsides quite quickly, but then returns after prolonged standing or walking.

Plantar fasciitis is most commonly seen in recreational athletes, especially runners. In these athletes, it is thought that the repetitive nature of the sports causes the damage to the fibrous tissue that forms the arch of the foot.

### **How did I get it?**

Plantar fasciitis occurs because of irritation to the thick ligamentous tissue on the bottom of the foot that runs from the heel bone to the ball of the foot. This strong and tight tissue contributes to maintaining the arch of the foot. It is also one of the major transmitters of weight across the foot as you walk or run. Therefore, the stress placed on the tissue is tremendous.

When a patient has plantar fasciitis, this tissue becomes very inflamed thus causing pain, especially with the first few steps as the ligament is very tight after rest.

It is caused by overuse, poor foot mechanics, old or worn out shoes, lack of arch support or control, uneven surfaces and lack of cushion.

### **How do I get rid of it?**

We have a proven protocol that works well to quickly decrease your pain. It involves combining both anti-inflammatory measures as well as addressing the abnormal mechanics or over use.

We often begin with support of the arch, icing, stretching, biofreeze, night splints and anti-inflammatory.

If these do not provide full relief we move onto physical therapy, oral or injectable steroids, custom orthotics, or immobilization. We also recommend continuing all or a combination of these to remain pain-free and prevent the condition from reoccurring.

**The protocol does take a commitment on your part. Your success will directly depend on the effort you put forward, including keeping your office visits and following at-home instructions.**