

# PLANTAR FASCIITIS

What is Plantar Fasciitis? Have you ever heard of it? Is it treatable? What can I do to help prevent it? Plantar Fasciitis is foot pain along the plantar side (bottom side) of your foot. The plantar fascia runs along the entire length of the sole of the foot. When in a standing position (weight bearing position) there is generally no tension on the plantar fascia because most of your weight is on the heels of your feet. When you shift your weight to the balls of your feet, tension is increased as in walking or running.

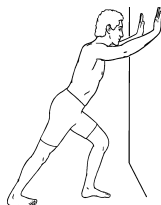
Symptoms include pain that can begin in the heel of the foot. The pain is usually more severe in the morning when rising from bed and weight bearing begins. It does lessen after a few steps but left untreated can eventually lead to more pain in the middle of the plantar fascia (the arch of the foot) and/or heel spurs.



Treatment for Plantar Fasciitis- Ice, Rest (getting off your feet and elevating them as much as possible), Stretches, anti-inflammatory medications, Orthotics, Physical Therapy, and Night Splints. For more severe cases Steroid injection and/or Surgery may be required.

## Stretches

Lay towel flat and then  
crunch/grip towel  
with toes



Place both feet on step,  
hang one foot off of step  
with ball of foot at edge



Stretching increases flexibility and if implemented along with icing early can help reduce or even eliminate Plantar Fasciitis in some cases. Each stretch should be done a minimum of 3-5 times and held for 20-30 seconds.