

PLANTAR FASCIITIS/HEEL PAIN

Definition Plantar fasciitis is an inflammation of the long band of connective tissue running from the heel to the ball of the foot. Heel spur syndrome is a bony overgrowth on the heel bone. Plantar fasciitis and heel spur syndrome affect women more than men. They can cause the bottom of the heel and arch to become painful.

- Statistics**
- Plantar fasciitis and heel spur syndrome are the most common causes of plantar heel pain.
 - 73% of patients with heel pain are diagnosed with either plantar fasciitis or heel spur syndrome.
 - 15% of patients who see a podiatrist complain of heel pain.
 - 90% of those who suffer from plantar fasciitis or heel spur syndrome respond to non-surgical care.
 - 83.5% of the patients with plantar fasciitis or heel spur syndrome pain with first steps in the morning.
 - Plantar fasciitis can occur with or without a heel spur present.

- Causes**
- Stretching the long band of tissue that connects the heel and the ball of the foot
 - Muscle imbalance
 - Bone deformity
 - Obesity
 - Trauma
 - Tightness of the muscles on the back of the leg

- What Can You Do?**
- Warm up and stretch properly before exercise.
 - Wear appropriate shoe gear.
 - RICE – rest, ice, compression, and elevation.

- What Might The Podiatrist Do?**
- Perform a physical examination.
 - Perform x-ray evaluation.
 - Recommend taping.
 - Prescribe orthotic devices.
 - Prescribe appropriate medication.
 - Administer injections.
 - Perform surgery if necessary.