

PLANTAR FASCIITIS – HEALING YOUR HEELS

One Million People See a Physician for Plantar Fasciitis Every Year

83% of People with Heel Pain Are Active Working Adults Between Ages 25 and 65

Plantar Fasciitis involves pain and inflammation of the thick tissue on the bottom of the foot (plantar fascia). The condition typically causes a sharp pain at the first steps upon waking. As your foot stretches, the pain normally lessens; however, it may return after extended periods of standing or sitting. What causes Plantar Fasciitis and what treatment options are available to relieve the discomfort? Please read the following summary for more information on this common condition.

01 | Risk Factors

The following groups are at a higher risk of developing Plantar Fasciitis:

- Women
- Runners
- Overweight people
- People with jobs requiring extended walking or standing on hard surfaces
- People with flat feet or high arches

02 | Treatment

The best treatment for Plantar Fasciitis is stretching. Your medical provider will likely provide a daily stretching program to provide long-term relief of your condition. In addition, your physician may also recommend the following:

- Anti-inflammatory medication
- Arch support inserts
- Night splints
- Steroid injections

03 | When Surgery is Required

For some, conservative measures are not enough to provide relief and surgery may be the recommended course. There are two types of surgery to treat Plantar Fasciitis:

- **Plantar Fascia Release** – this procedure involves releasing the tension on the ligament by cutting part of the ligament. This procedure helps relieve inflammation of the plantar fascia.
- **Heel Spur Removal** – along with tears of the plantar fascia, many patients have developed bone spurs that cause pain. Surgery can remove the bone spur, resulting in pain relief.

Fortunately, in most cases the pain and discomfort of plantar fasciitis can be relieved with conservative treatment. Speak with your medical provider on what option is best for you.

For more information on treatment options and at-home stretching exercises, please visit:

<http://www.aofas.org/footcaremd/conditions/ailments-of-the-heel/pages/plantar-fasciitis.aspx>

Did You Know?

Plantar Fasciitis is the most common cause of heel pain

References

<http://www.aofas.org/footcaremd/treatments/pages/hammertoe-surgery.aspx>

<http://orthoinfo.aaos.org/topic.cfm?topic=a00160>

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