

Plantar Fasciitis

Plantar fasciitis is the irritation of the tissue supporting the arch of the foot. The pain is from inflammation in the fascia (a thick fibrous material) that covers the bottom (plantar) of the foot, this may also cause heel pain. It is often caused by repeated pounding, such as running, poor shoe support, and sudden increase in weight.

What are the symptoms?

Plantar fasciitis feels like a stabbing, sharp pain on the underside of the foot near the heel. It is often most sore first thing in the morning or after prolonged sitting. Pain is often relieved with activity, but can recur after rest.



You will often notice tenderness and/or tightness on the underside of the foot near the heel. Pulling the toes back can also be very painful. Often, runners will notice pain here after increasing mileage or frequency of workouts, or changing exercise surface or terrain.

Treatment

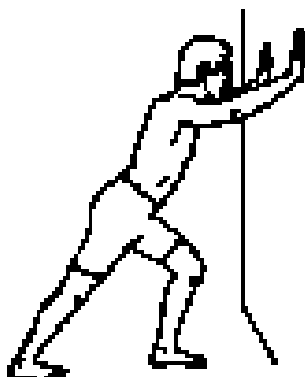
The first step is calming down inflammation. Stop any aggravating activities to allow sore areas to rest. Over the counter anti-inflammatories, taken as directed, as well as ice can help relieve pain and swelling. Icing can be done in a number of different ways:

- Apply a commercial cold pack or frozen bag of vegetables for 20 minutes. Allow 40 minutes before re-icing.
- Fill a plastic water bottle full with water and freeze. When frozen, roll under bare, injured foot with slight pressure down on the bottle for 3-5 minutes.

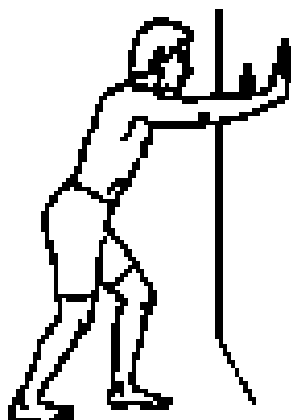
- You can place the lower leg in an ice bath for 20 minutes. Fill a bucket or bath tub with cold water until the area of soreness is submerged.

After settling down the inflammation, specific exercises are important to help relieve pain and allow you to return to pain-free activities.

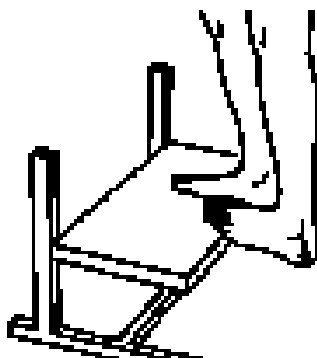
Standing Calf Stretch: Stand with injured foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds. Repeat 3 times per set. Do 2 sessions per day.



Soleus Stretch: Stand with injured foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 30 seconds. Repeat 3 times per set. Do 2 sessions per day.



Plantar Fascia Stretch: Standing with only ball of injured foot on stair, push heel down until stretch is felt through arch of foot. Hold 30 seconds. Relax. Repeat 3 times per set. Do 2 sessions per day.



Bicycling and swimming are good alternatives to running, allowing you stay active without aggravating symptoms. When returning to running, proper footwear is also important. You can determine if you're able to return to running when you can jog forward in a straight line without pain, as well as being able to jump on both feet without pain.

If your symptoms persist or become more severe, you may need to follow up with an orthopaedic specialist. Call 630-225-BONE to schedule an appointment with a physician from OAD Orthopaedics.

Disclaimer: * *This information should NOT be used in place of visit with your healthcare provider, nor should you disregard the advice of your health care provider because of any information you read in this topic.*