

PLANTAR FASCITIS

What is plantar fascia? Plantar fascia is a thick fibrous band located on the bottom of the foot. It is attached to the heel bone, fans forward towards the toes, and acts like a bowstring to maintain the arch of the foot.

What is plantar fasciitis? Plantar fasciitis is an inflammation of the plantar fascia.



What causes plantar fasciitis? The exact cause of plantar fasciitis is unknown but it is thought that it may be an overload that produces inflammation usually at the point where the fascia is attached to the heel bone.

What other factors contribute to plantar fasciitis?

- Mechanical misalignment of the foot
- Over activity or a change in activity level
- Poor shoe support
- Obesity

What are the symptoms of plantar fasciitis? The most common complaint is sharp pain in the bottom of the heel especially in the morning with the first step. Some patients may experience pain the entire day when walking or standing. Weight bearing on the heel causes extreme discomfort.

Treatment

Conservative treatment may include one or more of the following:

- * Shoe Modification
- * Anti-inflammatories
- * Cortisone injections
- * Physical Therapy
- * Gel heel pads
- * Night splint
- * Ice
- * Orthotics

STRETCHING

Recent studies show that wearing a comfortable jogging shoe, wearing an arch support, and **vigorous stretches of the calf muscle three times per day** will cause the problem to resolve in 85% of patients within 12 weeks. **Stretching the calf muscle is by far the most important part of treatment.**

CALF STRETCHES



Wrap a towel around the ball of your foot and hold loose ends with each hand. Pull the ends of the towel until you feel a gentle stretch in the back of your calf.



Facing a wall, stand with one foot in front of the other with toes pointed forward. Slowly bend your front knee and lean towards the wall until a stretch is felt in the calf of your back leg.

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