

Plantar Fasciitis

The problem

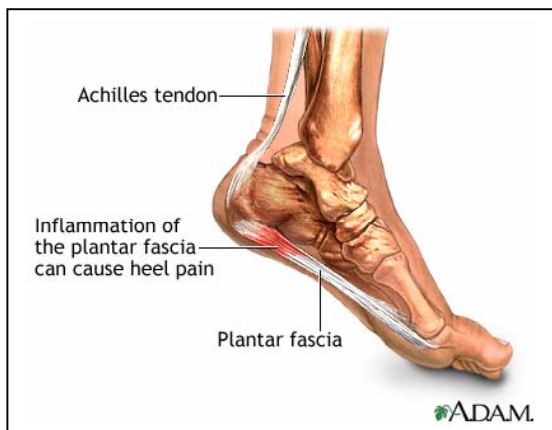
- The plantar fascia is a broad, fibrous band of tissue between the heel and the base of the toes that helps support the arch of the foot
- The plantar fascia plays an important role in normal foot biomechanics during gait
- If the plantar fascia becomes inflamed it can cause heel pain

Interesting facts

- One study has estimated that the plantar fascia is responsible for carrying up to 14% of the total load of the foot
- Plantar fasciitis is common in runners and individuals who are on their feet for long periods of time
- Plantar fasciitis occurs most frequently in individuals aged 40-60 years, and is more common in women than in men
- Women who are pregnant and individuals who are overweight also have an increased risk of developing plantar fasciitis

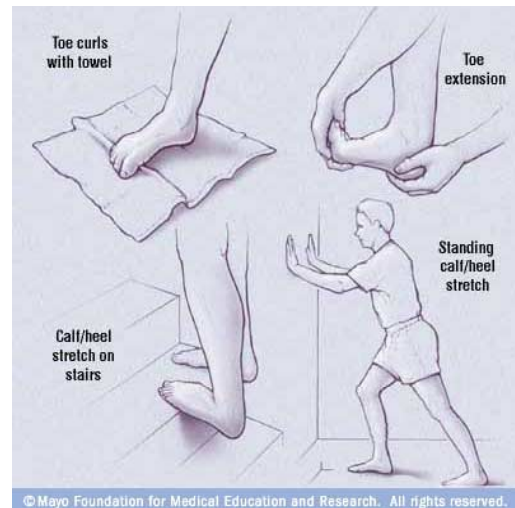
What you can expect/look out for

- Plantar fasciitis usually causes sharp pain in the heel
- Pain is often worst with the first few steps after getting out of bed in the morning
- Pain may also occur with prolonged standing



Hints for self management

- Rest
- Ice
- Participate in lower impact exercise, such as cycling and swimming
- Stretch
- Wear sensible shoes that have shock absorption capabilities and support the arch



Management options

- Anti-inflammatory medication may provide some pain relief
- Taping to provide more support for the foot
- Physiotherapy guided program to stretch the plantar fascia and strengthen supporting muscles
- Medication or injections to reduce inflammation
- Rest to allow structures to heal

More information

- During gait, while the foot is on the floor, the plantar fascia is continually elongating.
- As you move to push off through the toes, the plantar fascia tenses and causes the arch of the foot to elevate, a phenomenon known as the Windlass Effect.
- It is believed that this spring-like behavior helps with energy conservation and efficiency of movement