

Plantar Fasciitis

What is Plantar Fasciitis?

"Plantar fasciitis is an inflammation of the band of tissue in the foot that supports your arch and connects to your heel,"

William Kimmerly, M.D.,
Orthopedic surgeon at Piedmont

Symptoms

Heel pain with weight-bearing, or walking (hurts when you step out of bed in the morning)

Causes

Plantar fasciitis can happen spontaneously without specific injury, but you have an increased risk if you:

- Are middle-aged
- Are a woman
- Have a job that requires a lot of walking or standing on hard surfaces
- Are a runner
- Have poor flexion (aren't flexible)

Treatment

- Almost always treated conservatively without surgery
- Ice the heel
- Take anti-inflammatory medications, like Advil or Motrin
- Use shoe inserts for added arch support and to cushion heel
- Do plantar fascia-specific stretches

Plantar fascia-specific stretch

1. Cross affected leg over other leg
2. Grab affected foot and pull toes back towards shin to create tension and stretch arch
3. Hold for a count of 10. Do 10 repetitions, three times a day.



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