

## MedPro Group

2201 Benden Drive  
Wooster, OH 44691  
(330)263-7270

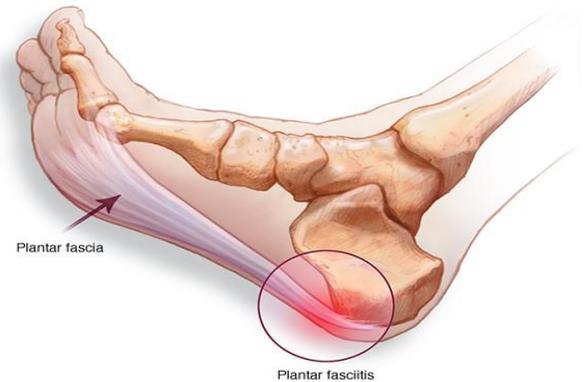
R.David@TheMedProGroup.com

*Our Mission is...*

*To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers*

## PLANTAR FASCIITIS

Plantar fasciitis (PLAN-tur fas-e-I-tis) is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes (plantar fascia).

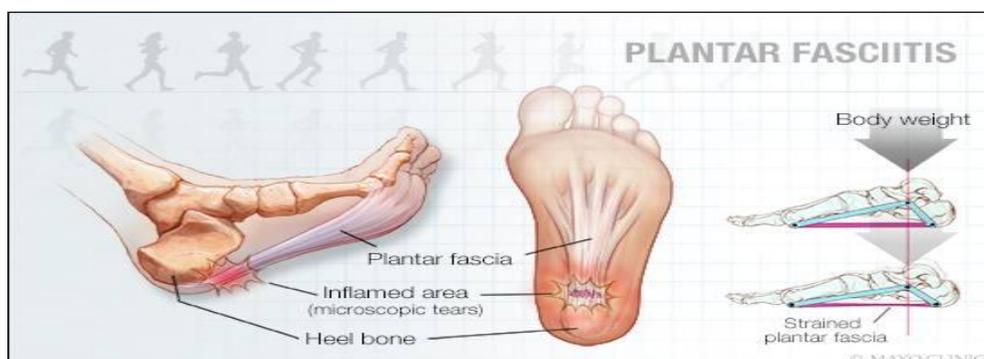


### Symptoms

Plantar fasciitis typically causes a stabbing pain in the bottom of your foot near the heel. The pain is usually the worst with the first few steps after awakening, although it can also be triggered by long periods of standing or when you get up after sitting. The pain is usually worse after exercise, not during it.

### Causes

Your plantar fascia is in the shape of a bowstring, supporting the arch of your foot and absorbing shock when you walk. If tension and stress on this bowstring become too great, small tears can occur in the fascia. Repeated stretching and tearing can irritate or inflame the fascia, although the cause remains unclear in many cases of plantar fasciitis.



## Risk factors

- **Age.**
- **Certain types of exercise.**
- **Foot mechanics.**
- **Obesity.**
- **Occupations that keep you on your feet.**

## Diagnosis

Plantar fasciitis is diagnosed based on your medical history and physical examination. During the exam, your doctor will check for areas of tenderness in your foot. The location of your pain can help determine its cause.

## Treatment

Most people who have plantar fasciitis recover in several months with conservative treatment, including resting, icing the painful area and stretching.

## Medications

Pain relievers such as ibuprofen (Advil, Motrin) and naproxen sodium (Aleve) may ease the pain and inflammation caused by plantar fasciitis.



## Therapies

Stretching and strengthening exercises or using special devices may relieve symptoms. They include:

- **Physical therapy.** A physical therapist can show you a series of exercises to stretch the plantar fascia and Achilles tendon and to strengthen lower leg muscles. A therapist might also teach you to apply athletic taping to support the bottom of your foot.
- **Night splints.** Your physical therapist or doctor might recommend that you wear a splint that stretches your calf and the arch of your foot while you sleep. This holds the plantar fascia and Achilles tendon in a lengthened position overnight to promote stretching.
- **Orthotics.** Your doctor might prescribe off-the-shelf or custom-fitted arch supports (orthotics) to help distribute pressure to your feet more evenly.

**Sources:** <https://www.mavoclinic.org/diseases-conditions/plantar-fasciitis/symptoms-causes/svc-20354846>  
<https://www.webmd.com/fitness-exercise/understanding-plantar-fasciitis-symptoms>