

DESCRIPTION

Plantar fasciitis is an inflammation (red, sore, swollen) of the plantar fascia. The plantar fascia is a thick band of tissue on the bottom of the foot. It extends from the heel bone to the base of the toes. Plantar refers to the sole of the foot. Fascia describes thin, fibrous, supportive tissue. Plantar fasciitis can affect anyone, of any age, no matter their fitness level. It is a common foot problem, and can affect one or both feet. This condition is different than heel spurs but a person may have both of these foot problems at the same time.

FREQUENT SIGNS AND SYMPTOMS

- Pain and tenderness in the heel and sole of the foot under the heel bone.
- Pain often occurs after resting or after rising in the morning. There may be no pain when sitting.
- It hurts worse when running faster or when weight is on the ball of the foot.

RISK INCREASES WITH

- People over age 40. Women more often than men.
- Athletes who over train, wear improper shoes, or fail to warm up).
- Running, jumping, or walking on hard surfaces.
- Having flat feet or high arches.
- Previous foot or ankle injury.
- Wearing high-heeled, poorly fitting, or worn-out shoes.
- Being on the feet for many hours a day.
- Overweight.

EXPECTED OUTCOMES

Usually curable for most people. Different types of treatment work for different people. Complete healing may take from weeks to months. Other methods of treatment are being studied and may be available in the future.

GENERAL MEASURES

- Your health care provider will examine your foot and ankle and ask about your symptoms. The bottom of your foot will be touched and pressed to identify the cause of the pain. X-rays and other tests may be done to check for other disorders.
- There are a variety of treatment options. Follow your health care provider's advice. Basic ideas are listed here.
- Massage an ice pack over the painful area. Do this for 15 minutes, 3 or 4 times a day, and after activities.
- Before getting out of bed, use a towel to pull toes back toward the ankle. Count to 10, and do it 10 times.
- While sitting, grab a towel with your toes or roll your foot back and forth over a can of frozen juice. Stand on the ball of your foot on the edge of a step while raising and lowering your leg.
- Try heel cushions or arch supports. Use them in both shoes so other problems don't develop. Custom orthotics (special shoe inserts) may be prescribed.
- Taping helps some people. Apply athletic tape as directed on the product's instructions.
- Night splints are products that keep the muscles stretched while sleeping. They may help.
- Purchase shoes that fit well. Sandals help some people.
- If other treatments fail after 6 months, shock wave therapy (nonsurgical) or surgery may be options.

MEDICATIONS

- Steroids may be injected into the foot.
- Oral steroids may be prescribed.

Your doctor also recommends the following over-the-counter medications. These medications may offer significant symptom relief:

- For minor pain use ibuprofen or naproxen.

➤ Steroids may interfere with the effectiveness of birth control pills. Use an alternative method of contraception for the remainder of the month after finishing your antibiotic and/or steroid prescription.

SEEK MEDICAL ATTENTION IF

- Symptoms don't improve despite treatment.