**Plantar Fasciitis** is inflammation of the connective tissue along the bottom of the foot and is the most common cause of heel pain. The plantar fascia is a flat band of tissue that connects the heel to the toes and helps to support the arch of the foot.

**Signs and Symptoms**
- Tenderness at Plantar Fascia attachment on the heel bone.
- Stiffness and pain in the morning or after resting that gets better after a few steps but gets worse as the day progresses.
- Pain that gets worse when you climb stairs or stand on your toes.
- Pain after you stand for long periods.
- Pain at the beginning of exercise that gets better or goes away as exercise continues but returns when exercise is completed.

**Potential Causes**
- Overpronation of the foot *(foot rolls inward causing the arch to flatten out)*
- Athletes with high arches or low arches are at a higher risk
- Decreased calf flexibility
- Repetitive activities on hard or irregular surfaces

**Treatment for Plantar Fasciitis** *(including but not limited to)*
- Active Rest
- Ice/Ice Massage *(see example A: roll foot on frozen water bottle)*
- Arch Support/Arch Taping
- Stretching and strengthening *(see examples B)*
- Night Splints
- Active Release Therapy

**Prevention of Plantar Fasciitis**
- Maintain healthy body weight
- Gradual increases in training *(no more than 10% per week)*
- Proper shoe fit/Orthotics

It is always recommended to follow up with a medical professional for proper diagnosis. All treatments should be guided by a medical professional.