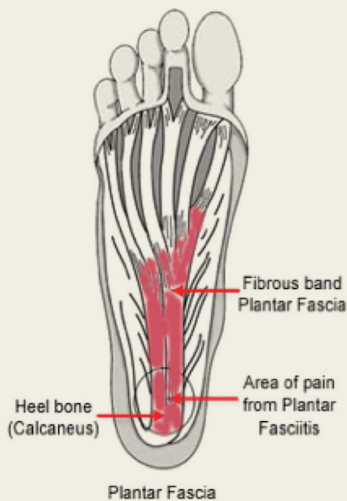


# Plantar Fasciitis — An overview

**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.



## FOR MORE INFORMATION

Our sports medicine team is available 24/7. Call us today at (614) 566-GAME (4263) or visit [OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine). Same-day appointments available.

## 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.



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