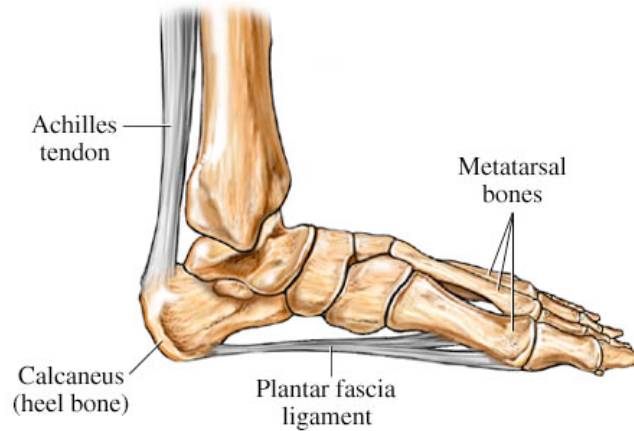


# Plantar Fasciitis

## What is the plantar fascia?

The plantar fascia is a thick fibrous band on the bottom of your foot that extends from your heel to the base of your toes. The plantar fascia is used to stabilize and assist with shock absorption in the foot, mainly the arch, in activities such as walking and running.

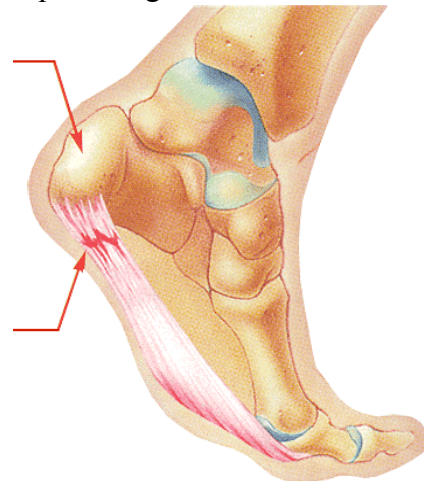


## What are the Causes of plantar fasciitis?

Plantar fasciitis is an overuse injury, which causes repetitive microtrauma leading to inflammation of the plantar fascia. This can be caused by many factors, including, incorrect shoe wear, execution of more intense activities, inadequate foot and ankle biomechanics, or an anatomical anomaly, such as a bone spur or significant muscle tightness.

## What are the Symptoms?

Symptoms can vary depending on the cause of the trauma to the fascia. Initial symptoms can consist of pain with the first step in the morning or after a prolonged period of rest. Patients with this diagnosis can report pain with prolonged walking or weight-bearing activity through the day. In severe cases, patients are unable to place any weight on the foot.



## Treatment

Treatment for this condition should always begin by seeing your physician or an orthopedic specialist. This injury can become complex in nature if the underlying issue is not addressed. Therefore, if you attend physical therapy for this condition, a comprehensive lower extremity evaluation should be performed to rule out, or treat, biomechanical or anatomical influences. A comprehensive lower extremity exam should take approximately an hour, and exam from the hip to the toes, gait, and possible running mechanics via video. If the true cause of the injury is not identified and treated, the pain symptoms will continue to occur. Physical therapy treatment may use different approaches and techniques to decrease inflammation and control pain through a variety of techniques and interventions. Cortisone injections are not the typically done in this area for several reasons.

**If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.**