



# Sievers Sports Medicine

## Patient Information Sheet

**Condition:** Plantar Fasciitis

**Definition:** The most common cause of heel pain; relates to inflammation usually from repetitive strain. Occurs in the structure attaching from the bottom of your heel to the forefoot; majority of the strain occurring in the portion near the heel. Foot type such as high arch or rigid feet and type of shoe wear and activity level all play a role in its development.

**Treatments:**

- I. Relative rest: rest enough for pain to progressively decrease. Arch support helps to rest the strained plantar fascia, as one of the fascia's jobs is to aid in supporting the arch.
- II. Anti-inflammatories: This includes non-steroidal anti-inflammatories such as Advil, Aleve, Ibuprofen and similar prescriptions paired with regular ice applied to painful area.
- III. Stretching: Stretch the calf and the arch for best results. To stretch the calf, while seated with a towel, pull your toe toward your torso. To stretch your arch, without full bodyweight, roll arch on small ball or firm bottle. A very effective way to ice and stretch at the same time is to use a frozen water bottle: while seated, roll foot on frozen water bottle, gradually increase pressure to stretch heel cord.
- IV. Strengthening: Strengthen the anterior and posterior tibialis tendons and well as some muscles deep in the sole of the foot to help aid in natural support of the arch.
- V. Other aids: Night splints, cortisone injections, custom orthotics, switching out shoes and occasionally surgery to release plantar fascia.
- VI. Recurrence: Recurrence is frequent and treatment often needs to be continued for an extended length of time. Be patient and persistent!