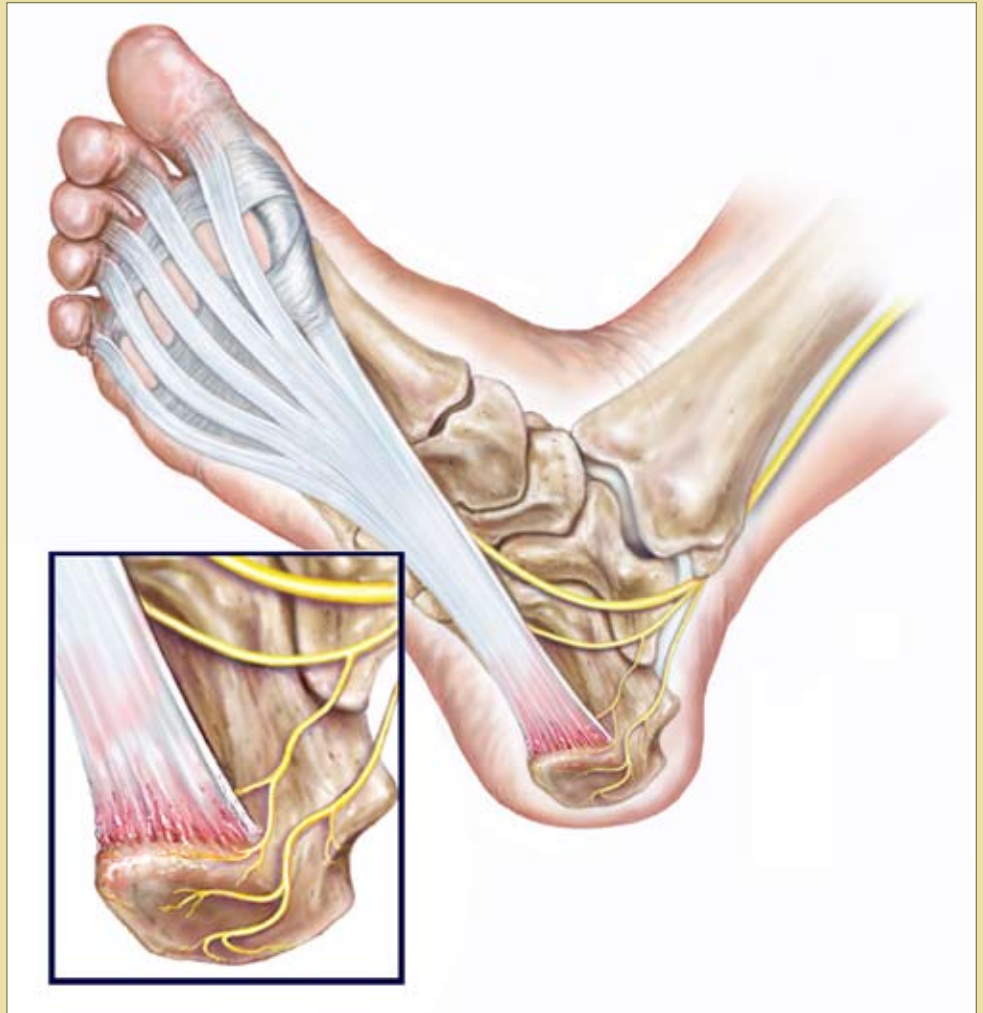


Plantar Fasciitis

Anatomy

The plantar fascia is an inelastic, thick, fibrous band that originates at the heel, runs along the bottom of the foot and fans out to the toes. It acts to support the arch of the foot when you are walking or running. Most commonly, patients develop pain and inflammation at the point where the plantar fascia attaches to the calcaneus (heel bone).



Symptoms

Plantar fasciitis may start as a dull intermittent pain in the heel. It may progress to a sharp, persistent pain located at the bottom of the heel. The most common complaint is difficulty getting out of bed first thing in the morning. This is due to the fact that as you sleep, your foot relaxes and the fascia tightens. Those first few steps out of bed are the stretching of this temporarily shortened and inflamed fascia. Pain at the midsole, near the toes and swelling are less common symptoms but may still occur.

CLINIC LOCATIONS

Columbia Heights
Eagan
Forest Lake
Downtown St. Paul - Gallery
Downtown St. Paul - Ritchie
Hastings
Maplewood
Vadnais Heights
Woodbury - Allina
Woodwinds Health Campus

CONTACT INFORMATION

Main Line
(651) 842-5200

Appointment Line
(651) 842-5201

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Diagnosis

This condition is typically diagnosed by the presentation of your symptoms as well as a thorough physical examination. Your doctor may order x-rays to confirm or rule out a specific diagnosis and on rare occasion an MRI may be ordered. However, this is often unnecessary, as this condition is not typically complicated by other factors.

Causes

Plantar fasciitis can be caused by any of the following factors:

- Flat feet or high arches
- Shoes with poor support
- Running/jogging on sand or other soft terrain
- Running on the balls of your feet
- Dramatic weight gain in a short period of time
- Sudden increase in your activity level
- History of plantar fasciitis in your family

Treatment

Plantar fasciitis is a chronic condition and may take up to a year to completely heal.

The following guidelines can help you recover:

- Never go barefoot
- Wear good supportive shoes
- Wear inserts prescribed to you, such as Lynco's or Spenco's (available at any Foot Locker)
- Ice for 20 minutes at the end of each day
- Perform the following stretches:
 - Gastroc Stretch
 - Hamstring Stretch

If all conservative treatments have failed, your doctor may wish to intervene with a cortisone injection to alleviate inflammation. Surgery for this problem is rarely performed and is only considered in extreme cases after conservative care has failed.

For additional educational materials regarding plantar fasciitis please visit our website, www.summitortho.com and click on the "Patient Education" quick link at the bottom of the page.

Ice is a convenient and inexpensive treatment option for plantar fasciitis. Placing a bag of ice directly on the plantar fascia helps decrease pain and inflammation associated with plantar fasciitis.



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