

# Plantar Fasciitis



# Plantar Fascia

- Plantar fascia is the thick connective tissue which supports the arch on the bottom of the foot.
  - It runs from the tuberosity of the calcaneus forward to the heads of the metatarsal bones.



# What is plantar fasciitis?

- Plantar fasciitis is a painful foot condition caused by inflammation of the insertion of the plantar fascia on the medial process of the calcaneal tuberosity.
- Common signs & symptoms of this include:
  - Pain
  - Swelling
  - Warmth of the injured area
  - Redness of the skin

# Causes of Plantar Fasciitis

In most cases; your fascia acts like a shock-absorbing string that supports the arch in your foot.

If there is a lot of tension on the fascia it can create microtears in the fascia increasing your pain.

# People at risk to gain plantar fasciitis

- Runners
- Overweight people
- Pregnant women
- Wearing shoes with poor support



# Diagnosis

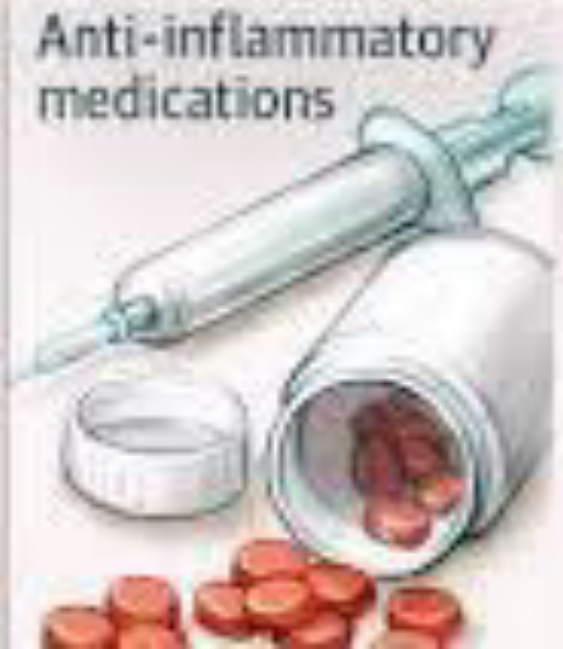
- Typically plantar fasciitis is usually made by a clinical examination along.
- Upon any finding, x-ray and MRI's might be done just to make sure there is nothing else wrong.
  - If the x-ray/MRI show anything, it will most likely be a stress fracture or a bone spur.



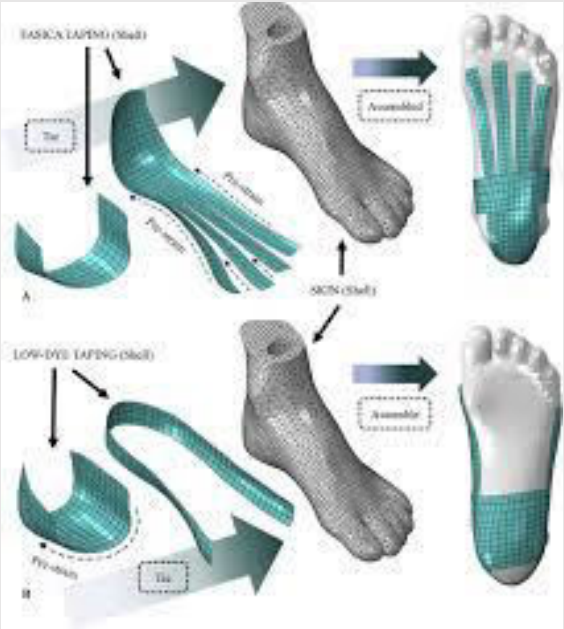
# Treatment for plantar fasciitis

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- Rest
  - Ice
  - Stretching
  - Physical therapy
  - Orthotics (bracing)
  - Corticosteroid shots
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# Taping of the heel







## Specific Foot Orthoses

- a foot brace for plantar fasciitis such as the Aircast Airheel. This ankle brace provides compression in your foot to reduce swelling and help alleviate pain

# Shock Wave Therapy

- Here at Maya Physical Therapy we offer shock wave therapy, phonophoresis, as well as iontophoresis.
  - Based off this specific type of treatment, we have been able to help a lot of patients become pain free who thought they would never be able to get rid of this aching pain.

