



Ascension

Injury Prevention of the Month

Plantar Fasciitis

The Plantar Fascia is a thick fibrous band that runs from your heel to the base of your toes. When damaged and inflamed, pain may be felt near the heel bone and through the arch of the foot. Plantar fasciitis is most common in middle aged populations (40-60), but can affect anyone who participates in activities requiring long periods of time standing or walking on hard surfaces, running, or repeatedly lifting heavy objects.

Causes and Risk Factors

Plantar Fasciitis is often a chronic condition, meaning the problem develops over time due to repeated micro trauma to the tissues. Some risk factors and causes may include:

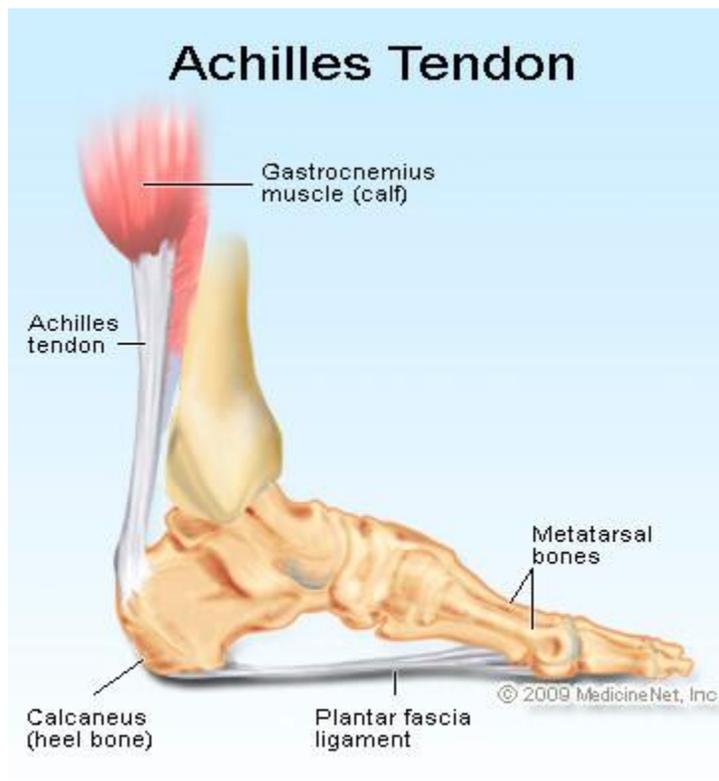
- Female
- Athletic activity
- Overweight
- History of arthritis
- Unstable/poor footwear
- Flat arch

Signs/Symptoms

- swelling, redness, or warmth on the bottom of foot
- painful burning/aching sensation
- Tenderness to touch
- Increased symptoms with activity

Seeking Medical Help

Anyone experiencing chronic pain or severe pain in the heel should visit their provider to rule out bone spurs and fractures. Depending on the severity, your provider may suggest a number of interventions that may include injections and/or surgery. However, those intervention are likely not necessary as 90% of plantar fasciitis cases can be resolved with regular treatment.



Initial Treatment

- Rest by decreasing strenuous activity and weight bearing on the involved leg
- Ice the location for 20 minutes 3-4 times per day to help with swelling and pain.
- NSAIDs (non-steroidal anti-inflammatory drugs) like ibuprofen or naproxen may be used to decrease pain and limit swelling. *Always take as directed on the label or as instructed by your physician.
- New shoes with good support, generic inserts, or custom orthotics may also be an option to help alleviate symptoms

What We Can Do For You

- Evaluate the injury to determine severity and possible causes
- Prescribe exercises to help alleviate symptoms and prevent reoccurrence

Example Prevention Exercises



Exercises 1 and 2 are held for at least 15 seconds and repeated 2-3 times per session and 1-2 sessions per day. Exercise 3 is done as tolerated and can be done with various sized objects or frozen water bottles.

<http://www.aofas.org/footcaremd/conditions/ailments-of-the-heel/pages/plantar-fasciitis.aspx>
http://www.emedicinehealth.com/plantar_fasciitis_health/article_em.htm

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