

BioPed

Plantar Fasciitis



Plantar fasciitis is an inflammation of the plantar fascia. The plantar fascia is a thick band of tissue that originates at the heel bone, extends forward under the arch and inserts into the toes. The purpose of the plantar fascia is to maintain the arch shape in one's foot by binding the bones, muscles, ligaments and soft tissues together. When the arch flattens, the plantar fascia stretches excessively, resulting in micro-tears where it attaches at the heel. Inflammation usually occurs at this point. The pain associated with the tearing subsides with periods of rest. Upon standing, the arch flattens and the fascia re-tears, resulting in a burst of exquisite pain. Plantar fasciitis is the most common cause of heel pain in adults. It is estimated that 1 in 10 individuals will develop plantar fasciitis at some point in their life.

CAUSE

Plantar fasciitis is a result of one or a combination of the following:

- Overuse: walking and standing for long hours, increasing activity too rapidly
- A problematic foot structure: flat feet, high arches, weak ankles or a short first toe
- Rapid weight gain, or obesity
- A tight calf muscle
- Pregnancy
- Unsupportive footwear



EFFECT

- 1 Pain in the heel region is the most common symptom, however pain may develop under the arch.
- 2 Pain is initially worse in the morning but can return by the end of the day.
- 3 Leg, knee and hip pain may result as patients adjust their stance or gait to compensate for the foot pain.

— THE SOLUTION



ORTHOTICS

Custom-made orthotics support the skeleton, muscles and fascia in the correct position. Orthotics are a long-term solution to prevent reoccurrence by controlling and/or correcting the mechanics that cause the problem.



FOOTWEAR

Stability footwear is recommended. Often the patient's footwear, whether too soft, hard or worn out, has been a contributor to the problem. Stability footwear is built in a variety of widths that provide medial and lateral support.



STRETCHING AT HOME

A stretching regime is crucial to healing the plantar fascia and preventing reoccurrence. Many cases are linked to a tight ligament or calf muscle that when stretched and properly supported, puts an end to pain. Visit your local BioPed for a handout on popular stretches for plantar fasciitis.



BIOPED CLINICAL SPECIALISTS

BioPed clinicians are specialized in the casting, manufacturing, fitting and modification of many types of custom-made orthotics. They can also make recommendations on proper footwear and stretches. At clinics where Chiropody services are offered, cortisone injections are also offered to relieve plantar fascia inflammation, provide pain relief and aid in healing.