

## **Plantar Fasciitis**

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Plantar Fasciitis is an inflammation of a thick band of tissue on the bottom of the foot, called the plantar fascia. It is commonly an overuse injury but can also be caused by an acute injury (strain) from an overload of the foot while running. Other factors include obesity and poor footwear. Symptoms include pain on the bottom of the foot from the heel to the ball of the foot, noticed immediately after getting out of bed, or during activity such as walking, stair climbing or running. Pain is often relieved by rest.

Treatment includes frequent application of ice to the affected area, anti-inflammatory medication, limiting painful activities, and stretching of the plantar fascia (see stretching exercises attached). If symptoms continue, it is important to seek intervention from a Licensed Physical Therapist, which will likely include ultrasound, cross friction massage, specific joint mobilization of the foot and ankle, strengthening and stretching of the ankle and foot, orthotic evaluation and/or use of other modalities to facilitate the healing process and decrease inflammation.

If you have questions regarding foot pain or need to seek intervention, please consult your family physician, nearest CPRS Physical Therapy location – visit [www.cprsweb.com](http://www.cprsweb.com), or Certified Athletic Trainer.