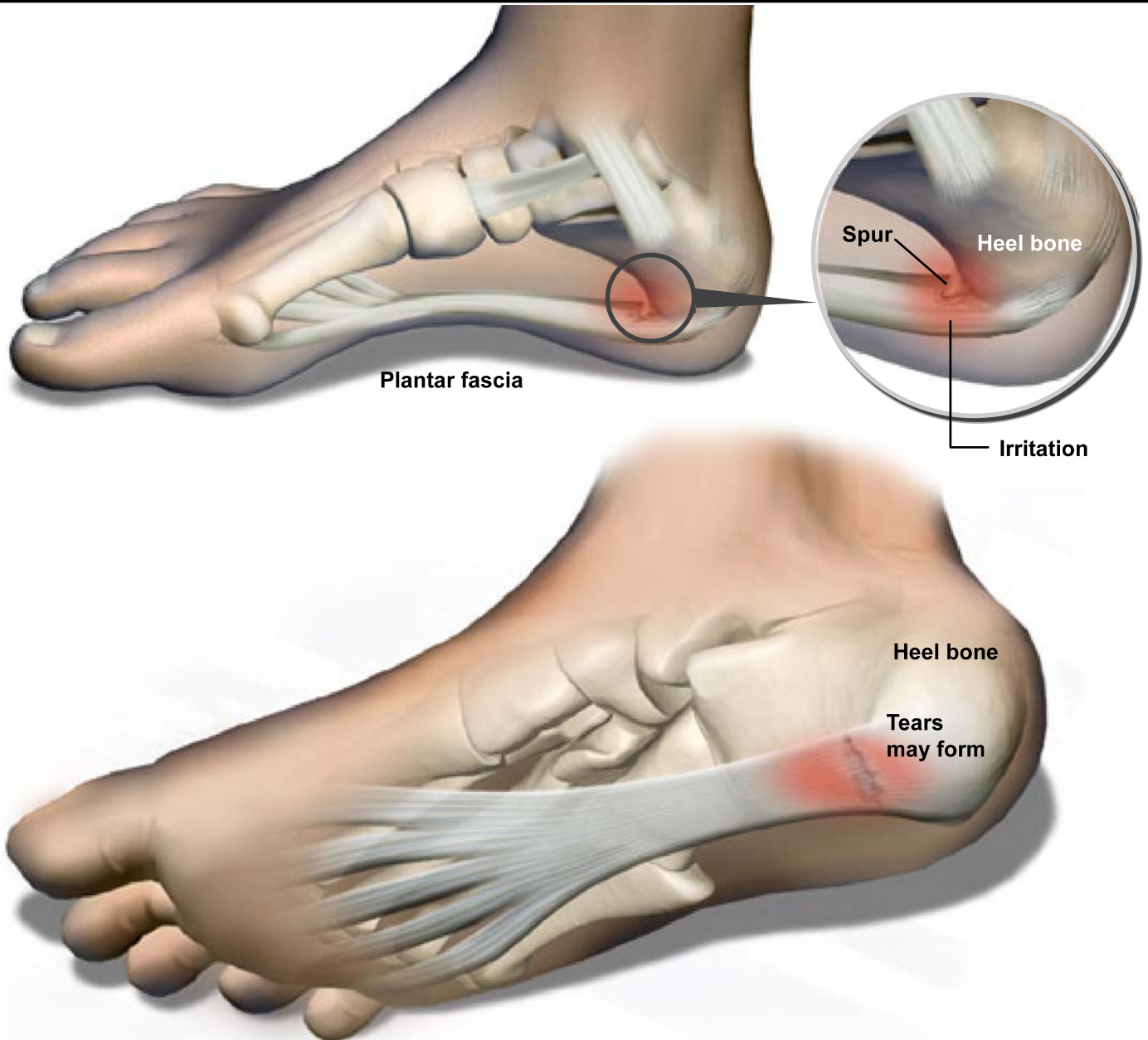


PLANTAR FASCIITIS



Overview

Plantar fasciitis is an irritation of the plantar fascia — a band of tissue that extends from the heel bone (calcaneus) to the ball of the foot. It supports the foot's natural arch and stretches mildly whenever the foot bears weight.

Causes

The plantar fascia becomes irritated when it sustains repetitive stress or excessive tension. Small tears may form where it attaches to the heel bone.

Symptoms

Plantar fasciitis causes pain in the center of the heel when standing, walking, or running. Pain is most severe when the tissue is stretched after periods of rest, such as getting out of bed in the morning or standing after sitting for awhile.

Heel Spurs

These bony growths often develop as a result of chronic plantar fasciitis. They occur when calcium deposits form where the plantar fascia attaches to the heel bone. Heel spurs may or may not cause pain.

Treatment

Treatment will be determined by your physician and may include rest, application of ice, anti-inflammatory medication, strengthening exercises and surgery.