

PLANTAR FASCIITIS IS NOT A PLANT RELATED DISEASE! IT IS A PAIN IN YOUR FOOT.

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Runners, tennis players and hikers are prone to plantar fasciitis, especially if they are flat footed.

Plantar fasciitis is a term used to describe a condition involving the bottom of your foot (plantar). Fascia is the lining of the muscle and fasciitis is the inflammation of the lining. Supporting the arch of the foot is the plantar fascia, a thick band of tissue connecting the heel to the ball of the foot. When this becomes inflamed, you will experience pain when you put weight on your foot, particularly when taking your first steps in the morning. The pain can be at the heel, or along the arch and the ball of the foot.

Men and women of all ages, athlete or not have an equal chance of developing plantar fasciitis. Factors that contribute to the development of the condition include:

- Age 40 or over.
- A job, sport or hobby that involves prolonged standing or other weight bearing activity.
- Rapid increases in length or levels of activity, such as beginning a new running program or changing to a job that requires a lot more standing or walking than you are accustomed to.
- Decreased calf muscle flexibility
- Increased body weight (BMI – Body Mass Index greater than 30)
- Tendency to have a flat foot (pronation)

Prevention is very important with this condition. Choose shoes with a good arch support. Replace your shoes when the arch support begins to fail and the shock absorbing qualities of the shoe are beginning to reduce. Use a thick mat if you are required to stand in one place most of the day. Stretch your calves and feet before and after running, walking, hiking, tennis or any other repetitive weight bearing activity. Maintain a healthy body weight and gradually increase exercise intensity and duration.

The onset of symptoms of plantar fasciitis frequently occurs with a sudden increase in activity. You may feel a stabbing pain on the underside of your heel and a sensation of tightness and/or tenderness along your arch. Your pain is experienced in the morning when stepping out of bed and taking the first steps of the day, with prolonged standing, when standing up after prolonged sitting, after intense weight bearing exercise, climbing stairs or when walking barefoot or in shoes with poor support. As your body warms up, your pain may decrease during the day but then worsens toward the end of your day because of extended walking. You may limp if the symptoms are severe.

- **Consult us at the first sign of symptoms. When left untreated, severe pain and significant inability to weight bear can occur. Early intervention speeds recovery and saves time and money.**

During your first session, a review of your medical history, surgeries, medications and a thorough physical examination will be performed of the low back, hip, knee, ankle and foot. A series of specialized movement tests will be provided to help pinpoint the precise cause of your pain. We can

identify if there is a heel spur, tendonitis, bursitis, impingement, a tear or muscle imbalance contributing toward your symptoms. In some cases, you may need a custom arch support.

The physical examination helps us develop a personalized treatment plan for the physical therapy office setting and for at home. Your treatment plan will include pain reflex release techniques (PRRT) and other manual therapies to reduce your pain by 50 percent the first session. Modalities such as biofeedback, ice, heat, iontophoresis, ultrasound, electrical stimulation may be used to help manage pain while pain free movement is restored with therapeutic exercise. As always, our focus is on getting your pain and difficult function under control as you learn self-care and home exercise techniques to reach your goals.

For more information about Lake Country Physical Therapy and Sportscare, PC, please call (585) 396-1400, email Zoe@lakecountrypt.com, Robert @lakecountrypt.com or visit us at www.lakecountrypt.com.