

Plantar Fasciitis

The plantar fascia is connective tissue that runs along the base of the foot from the heel to the base of the toes. Overuse of the plantar fascia is a common cause of heel pain at its attachment site to the calcaneus (heel bone). Pain usually comes on gradually and the first step in the morning is often the most painful. Risk factors include an increase in activity, increased foot pronation, stiff or reduced movement in ankle joint, being overweight and work related weight bearing.

Treatment generally involves a period of rest to offload the plantar fascia which may be aided by tape, orthotics or a heel cup to address poor foot biomechanics. Massage, stretches, strengthening and ice are also vital components of treatment.

Plantar Fasciitis Anatomy

