

Plantar Fasciitis/Fasciosis

First off, you need to know that plantar fasciitis is one of the most common causes of heel pain. It happens when the thick band of tissue, known as the plantar fascia, becomes inflamed and causes pain. The plantar fascia runs across the bottom of your foot and connects the heel bone to your toes.

Dr. Harvey Danciger, a foot and ankle specialist, can help if you are dealing with plantar fasciitis. It is a common condition to occur in runners, but also happens in people who are overweight and women who are pregnant. It can also occur if you wear footwear that does not support your foot and ankle.

How does Plantar Fasciitis Occur?

Your plantar fascia absorbs the shock placed on your foot. It also supports the arch in your foot. However, if the shock placed on your foot becomes too much then it can create small tears. If your plantar fascia is repeatedly stretched and torn, it can cause the area to become inflamed.

Who is Susceptible to Getting Plantar Fasciitis?

Plantar fasciitis can happen in men and women. However, it is more common in active men. Some foot issues can make plantar fasciitis more susceptible. They include:

- Arch problems in the feet.
- Runners, especially those that run downhill or on uneven surfaces.
- The Achilles tendon is tight.
- Wearing shoes with minimal arch support.

What are the Symptoms of Plantar Fasciitis?

Plantar fasciitis symptoms can develop gradually and can make walking difficult. However, a common symptom includes stabbing pain that can happen with your first steps in the morning. Usually, the pain from plantar fasciitis decreases when you are moving around. Pain can start after you have stood or sat for long periods of time. Other symptoms include:

- Pain can happen in one or both feet.
- You may feel a stabbing pain in the heel of your foot.
- Stiffness at the bottom of the foot.

What are the Treatment Options for Plantar Fasciitis?

Treatment for plantar fasciitis depends on how it is affecting your feet. Dr. Danciger will work to develop a treatment plan that is right for you. The following are common options for treatment for plantar fasciitis.

- Taking nonsteroidal anti-inflammatory medications like Advil, Motrin or Aleve. These medications will help with inflammation.
- Laser treatments to help reduce pain and inflammation
- Night splints
- Using corticosteroids, this can be applied to the skin over the painful area.
- Participating in therapy to help stretch and strengthen the plantar fascia and Achilles tendon.
- Custom made or over-the-counter orthotics. Wearing orthotics can help distribute pressure to your feet.
- Extracorporeal Shock Wave Therapy, which sends sound waves to the area you experience heel pain. It will stimulate healing and treat chronic plantar fasciitis.
- Surgery is a possibility if pain is severe and conservative treatment options have not helped.

If you want to know more about heel pain, visit our website homepage and request a complimentary copy of Dr. Danciger's book *Walk Away From Heel Pain*. In his book, you will get answers about why heel pain occurs and what you can do to help. To schedule an appointment at our Palm Desert, CA podiatric office, call (760) 568-0108.