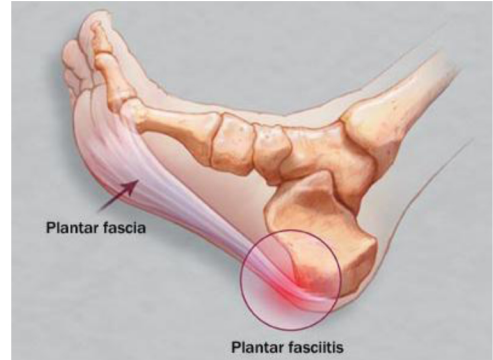


# Plantar faciitis

**Plantar fasciitis** is a painful inflammatory process of the plantar fascia. It is one of the most common conditions a podiatrist will see and can be difficult to treat if not looked after properly.

Longstanding cases of plantar fasciitis often demonstrate more degenerative changes than inflammatory changes, in which case they are termed **plantar fasciosis**.



## What is the plantar fascia?

The plantar fascia is a thick fibrous band of connective tissue originating on the bottom surface of the calcaneus (heel bone) and extending along the sole of the foot towards the toes.

Pain is usually felt on the underside of the heel and is often most intense with the first steps of the day or standing after periods of prolonged inactivity. Another symptom is a throbbing sensation towards the end of the day (similar to a headache).

## What causes it?

A number of things can be the initiating cause such as increased exercise levels, changes in footwear or surfaces you are walking on, increased weight, altered biomechanics or previous injury.

## I have been told I have a spur

Sometimes an incidental finding associated with this condition is a heel spur, a small bony calcification on the calcaneus (heel bone). These in the majority of cases are not the cause of the pain but rather the origin of the plantar fascia into the calcaneus.

## Treatment

We may use one or a combination of the listed modalities for your treatment.

- Taping
- Stretching
- Footwear changes
- Anti-inflammatories (Voltaren Rapid 25mg)
- Orthotic Therapy
- Low Level Laser Therapy