

# Plantar Fasciitis

## (Heel Spur Syndrome)

Plantar fasciitis is a common cause of heel pain, especially among people who are active in sports. You might first notice your heel has occasional dull pain, sometimes getting worse, resulting in sharp, constant pain. It is often worse in the morning with the first few steps, after sitting, after standing or walking and at the beginning of sporting activity.

The plantar fascia is a thick fibrous band on the bottom of your foot. It attaches to your heel bone and fans toward the toes, helping to maintain the arch on your foot. A problem may occur when part of this inflexible fascia is repeatedly placed under tension, such as when running. Shoes that don't fit properly, weakness of the foot, improper athletic training, overuse and increased weight gain can also cause plantar fasciitis. Sometimes, the problem is a **heel spur**, a bony growth on the heel that is irritated with pressure.

### Treatment recommendations\*:

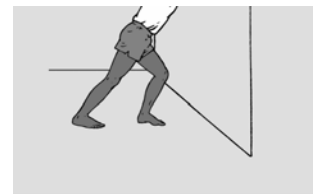
- Reduce body weight.
- Modify activity – swim, bike, row (avoid impact sports).
- Use running shoes and/or higher heeled shoes.
- Try an orthotic, such as gel heel pads, insoles or arch supports. Orthotics, either over-the-counter or custom, are generally not covered by insurance.
- Stretch heel cords daily (see stretches).
- Ice heel and/or arch with frozen water bottle twice a day (5 minutes each time).
- Use ibuprofen (Advil) or naproxen (Aleve) if no contraindications to reduce pain.
- Avoid going barefoot on hard surfaces.

M.D. Notes: \_\_\_\_\_

**\* It is important to note that improvement with heel pain can take four to six weeks. Don't expect immediate results. If there is no improvement in six weeks, see your doctor.**

### Calf Stretches

Stand arms length away from wall and lean in, resting head on hands. Bend one leg slightly and keep the other straight behind. Slowly move hips forward, keeping lower back flat and heel on the ground. You should feel the stretch in your calf. Hold for 30 seconds, repeat with other leg. Do three repetitions, three times a day.



### Toe Raise/Heel Drop

Stand with forefeet on a raised surface (think phone book) as if doing a back dive off a diving board. Rise up onto your toes, and then return to starting position. Stretch your calf muscles by letting your weight take your heels down below the level of the surface. Hold each position for 10-15 seconds. Repeat until calf feels tired.



Over the Counter Arch Supports*	Shoes for When an Athletic Shoe Doesn't Help
Spenco Orthotic Arch Supports	Nike Sox Shoes
Superfeet	Z-Coil Shoes (EZ Shoes, San Jose at 408-558-9596)
Sof Sol Motion Control	ASGI Shoes for women (Nordstrom)
Am Fit (Runner's High)	MBT Shoes (Footwear Etc.)

**\*You can buy arch supports at Sports Authority, Footwear Etc., Big 5, The Runner's High, MetroSport and Beck's.**