

# Plantar Fasciitis

The plantar fascia is a broad, thick band of tissue that runs from under the heel to the front of the foot. Plantar Fasciitis is an inflammatory condition of the plantar fascia located on the planter surface of the foot. The inflammation of the band causes pain in the bottom of the foot and/or deviated walking patterns because partial microtearing of the plantar fascia occurs. The planter fascia plays a functional key role for running, walking, and other aerobic activities. It acts like a powerful shock absorber and spring that helps propel the foot forward during all stance phases.

- Anatomy



- Mechanism of Injury

- Overuse injury
- Tight calf muscles
- Improper walking and running mechanics
- Falling (or fallen) arch
- Weight Gain
- Occupational related walking or standing for long periods of time
- Over exertion on hard surfaces
- Wearing poorly fitted and cushioned shoes

- Treatment

- Manual Therapy to the plantar fascia to decrease pain and inflammation.
- Joint Mobilizations
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates focused on foot and calf muscle stretching and strengthening
- Ultrasound
- Ice and Electric Muscle Stimulation
- Home Exercise Program designed to continue ankle, calf, and arch stretching and strengthening to prevent from future re-injury.