



Understanding Plantar Fasciitis

A Patient Information Pamphlet

Introduction :

We are providing you with important information about Plantar Fasciitis. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.



What is Plantar Fasciitis?

Plantar fasciitis is a condition characterized by inflammation of the plantar fascia, a thick band of tissue that runs along the bottom of the foot, connecting the heel bone to the toes. This inflammation can cause heel pain and discomfort, particularly with the first steps in the morning or after periods of rest.

What are the causes and symptoms?

Causes

Plantar fasciitis is often caused by repetitive stress or overuse of the plantar fascia. Certain factors such as tight calf muscles, high arches, flat feet, obesity, or wearing improper footwear may increase the risk of developing this condition.

Symptoms

- Heel pain or tenderness, especially with the first steps in the morning or after prolonged periods of standing or walking.
- Pain that may improve with activity but worsen again after rest.
- Stiffness and limited range of motion in the foot.
- Pain that may radiate along the bottom of the foot towards the toes.

Diagnosis and Treatment Options :

Treatment for plantar fasciitis typically involves a combination of conservative measures and, in some cases, medical interventions. These may include:

- Resting the affected foot and avoiding activities that exacerbate symptoms.
- Applying ice packs to the heel to reduce pain and inflammation.
- Performing stretching exercises to improve flexibility in the calf muscles and plantar fascia.
- Wearing supportive footwear with cushioned soles and arch support.
- Using orthotic devices or shoe inserts to support the arch of the foot and reduce strain on the plantar fascia.
- Taking nonsteroidal anti-inflammatory medications (NSAIDs) to alleviate pain and reduce inflammation.
- Physical therapy to strengthen the muscles of the foot and ankle and improve overall foot biomechanics.

Managing and Preventing Plantar Fasciitis :

To manage and prevent plantar fasciitis, consider the following tips:

- Maintain a healthy weight to reduce pressure on the feet.
- Avoid walking barefoot on hard surfaces, especially for prolonged periods.
- Gradually increase the intensity and duration of physical activities to avoid overloading the plantar fascia.
- Use proper footwear for specific activities and replace worn-out shoes regularly.
- Stretch the calf muscles and plantar fascia regularly to maintain flexibility and prevent tightness.



If you have any questions or require further clarification, please do not hesitate to reach out to us.

Email - info@mafs.net.au

Tel - 8840-1400

Website - www.mafs.net.au