

Plantar Fasciitis

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What is this injury?

The plantar fascia is a strong band of connective tissue that extends from the base of the toes, along the bottom of the foot, to the bottom of the heel. Plantar fasciitis is inflammation of the plantar fascia with resulting pain. The pain may be isolated to the heel or may appear at different points on the bottom of the foot from time to time. Some think that plantar fasciitis pain is caused by irritation of nerves from tissue swelling or inflammation, but that is debatable.



Plantar Fasciitis Injury Diagram

How does the injury occur?

During walking, the plantar fascia experiences tension up to twice the body weight with each step. While this is normal, those who spend much time on their feet, such as nurses, waitresses/waiters, and mail carriers, often experience plantar fasciitis. Athletes involved in tennis or other racquet sports, race walking, jogging, or running also show a higher incidence of plantar fasciitis than do those participating in other activities. Thus, it's clear that plantar fasciitis is predominantly an overuse injury. In fact, any activity that results in prolonged tension and stress on the plantar fascia may cause plantar fasciitis. It is possible that changes in footwear may play a role in causing plantar fasciitis, no matter what activity is occurring.

Those who are overweight are prone to plantar fasciitis. This is true even for sedentary people who get little physical activity. Abnormalities of the foot and ankle joints may predispose some individuals to the