

# Reconstructive Foot & Ankle Institute, LLC

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[www.rfainstitute.com](http://www.rfainstitute.com)

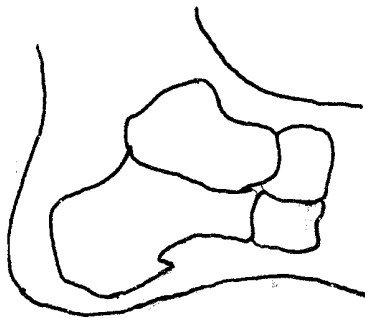
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## PLANTAR FASCIITIS (HEEL PAIN):

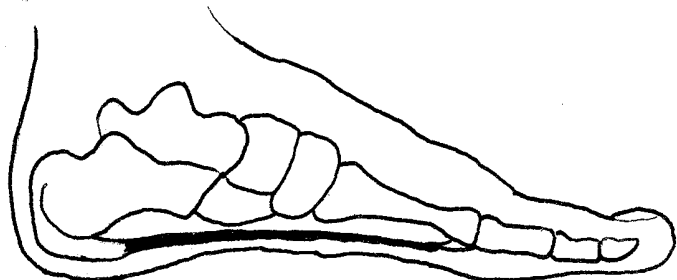
The plantar fascia is a ligament-like band of tissue that runs from your heel to the ball of your foot. This band pulls on the heel bone, raising the arch of your foot as it pushes off the ground. If the foot flattens out, the distance from the front of the foot to the back of the foot becomes longer. The lengthening of the foot will cause the plantar fascia to pull on the heel and this pulling creates a “tendonitis” or inflammation in the heel called Plantar Fasciitis. Heel spurs form in response to this pulling but do not cause pain. Bursitis is the swelling of a bursa, a fluid filled sac that reduces friction between the ligament and the bone. Bursitis may develop if a swollen plantar fascia presses against a plantar bursa. The heel pain can also come from a pinched nerve in your foot. It takes a skilled doctor to determine what is causing the pain. It is very common to have first step of the day pain and pain when you get up after you have sit for a while

In approximately 95% of patients, conservative care is all that is required to alleviate painful symptoms. On your initial visit, X-rays are taken to rule out other causes of pain like a broken heel bone. A heel cup may be employed in combination with a foot strapping applied to your foot to help maintain the plantar fascia in a lengthened position. To reduce the inflammation an Anti-inflammatory medication may also be prescribed as well as instruction on how to stretch. An over the counter insert will be available to you as well as a foot roller to relieve inflammation. A theraband elastic stretch device and a roll on pain relieving gel can be beneficial without any liver or kidney side effects and is natural, safe and effective in reducing pain. On your follow-up visits, night splints, air-heels, and orthotics may be dispensed and cortisone injections given. A night splint is worn while you sleep to prevent the plantar fascia from tightening up, and ultimately, eliminating morning pain. Air-heels are worn throughout the day to cushion and maintain the plantar fascia in that stretched position. Orthotics are custom made devices fabricated to fit your feet, can be worn in most shoes and control heel motion which reduces pain.

If these treatments fail, then Shock Wave therapy or surgery may be indicated.



HEEL SPUR



PLANTAR FASCIA

## Plantar Fasciitis Treatment Instructions

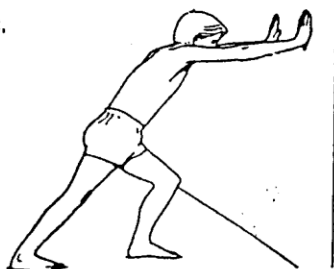
### Initial Visit

- Foot Strapping
- Anti-Inflammatory Medication
- Heel Cups
- Stretching Exercises
- Ice – Frozen Water Bottle
- Aetrex (available here), New Balance, or Mizuno Sneakers

### Stretching Exercises

- Hold stretch for 15 seconds each side
- Perform each stretch 3 times per session
- 20 – 30 sessions per day

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.



From stairs or a curb lower heel until stretch is felt. Repeat to other side.



### Further Treatments May Include:

- Night Splints
- Cortisone Injections
- Air Heels
- Orthotics

### Tennis Ball/Frozen Water Bottle Rolling

- Roll Tennis Ball in the Arch during periods of rest
- Use Frozen Water Bottle 2-3 times daily



With strap or towel around the ball of foot, gently pull back until stretch is felt. Repeat to other side.

