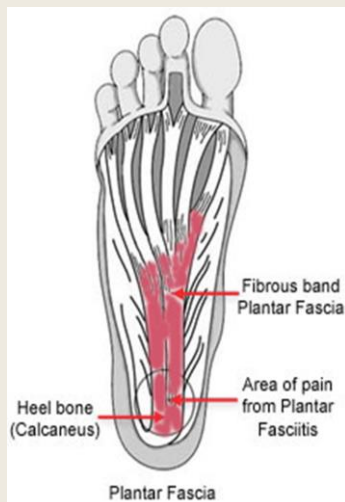


# Plantar Fasciitis – An Overview

**Plantar Fasciitis** is inflammation of the connective tissue along the bottom of the foot and is typically the most common cause of heel pain. The plantar fascia is a flat band of tissue that connects the heel to the toes and helps to support the arch of the foot.



NEED MORE  
INFO?

Call (614) 566-GAME (4263) or  
visit [OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)  
Same-day appointments available.

## Signs and Symptoms

- + Tenderness at Plantar Fascia attachment on the heel bone
- + Stiffness and pain in the morning or after resting that gets better after a few steps but gets worse as the day progresses.
- + Pain that gets worse when you climb stairs or stand on your toes
- + Pain after you stand for long periods.
- + Pain at the beginning of exercise that gets better or goes away as exercise continues but returns when exercise is completed.

## Potential Causes

- + Overpronation of the foot (foot rolls inward causing the arch to flatten out)
- + Athletes with high arches or low arches are at a higher risk
- + Decreased calf flexibility
- + Repetitive activities on hard or irregular surfaces

## Treatment

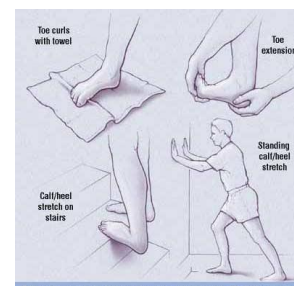
- + Active Rest
- + Ice/Ice Massage  
(example: roll foot on frozen water bottle)
- + Arch Support/Arch Taping
- + Stretching (see examples)
- + Night Splints
- + Active Release Therapy



## Prevention

- + Maintain healthy body weight
- + Gradual increases in training  
(no more than 10% per week)
- + Proper shoe fit/Orthotics

It is always recommended to follow up with  
a medical professional for proper diagnosis.  
All treatments should be guided by a  
medical professional.



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HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE + URGENT CARE + WELLNESS + HOSPICE + HOME CARE  
28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

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