



The  
**ORTHOPAEDIC**  
 CLINIC

REGIONAL ORTHOPAEDIC EXCELLENCE

# PLANTAR FASCIITIS

**P**lantar fasciitis is the most common cause of pain on the bottom of the heel. Approximately 2 million patients are treated for this condition every year. Plantar fasciitis occurs when the strong band of tissue that supports the arch of your foot becomes irritated and inflamed.

The plantar fascia is designed to absorb the high stresses and strains we place on our feet. But, sometimes, too much pressure damages or tears the tissues. The body's natural response to injury is inflammation, which results in the heel pain and stiffness of plantar fasciitis.

In most cases, plantar fasciitis develops without a specific, identifiable reason. There are, however, many factors that can make you more prone to the condition:

- **Tighter calf muscles**
- **Obesity**
- **Very high arch**
- **Repetitive impact activity (running/sports)**
- **New or increased activity**

The most common symptoms of plantar fasciitis include:

- **Pain on the bottom of the foot near the heel**

**When it comes to bone and joint problems, The Orthopaedic Clinic has got you covered. Our doctors have specialized fellowship training in all of the major areas of orthopedic surgery; hand and wrist, foot and ankle, sports medicine, back and neck and joint replacement. They bring their skill, expertise and experience from some of the most prestigious institutions across the country to East Alabama to provide excellent orthopedic care to our region.**



- **Pain with the first few steps after getting out of bed in the morning, or after a long period of rest, such as after a long car ride. The pain subsides after a few minutes of walking**
- **Greater pain after (not during) exercise or activity**

More than 90% of patients with plantar fasciitis will improve within 10 months of starting simple treatment methods such as rest, activity modification, ice, anti-inflammatory medications, stretching and exercise, Cortisone injections, supportive shoes and orthotics, night splints and physical therapy.

Surgery is considered only after 12 months of aggressive nonsurgical treatment. Most patients have good results from surgery.

Our foot specialists at The Orthopaedic Clinic have years of experience and specialized training in treating simple and complex foot disorders and are up to date on the latest treatment options, both surgical and non-surgical. Come see us today for a consultation and we'll help get you "back on your feet!"



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