

# Plantar Fasciitis: Take The Next Step With CORA Physical Therapy!

## **What is Plantar Fasciitis?**

Plantar Fasciitis is a condition causing heel pain in as many as 2 million Americans per year and 10% of the population over their lifetime. Supporting the muscles and arch on the bottom of the foot, plantar fascia is a thick, fibrous band of tissue that connects the heel to the ball of the foot. Plantar fascia can become inflamed or can tear. Plantar Fasciitis is more common in women but affect people of all ages, both athletes and non-athletes. People who are diagnosed may also have bone spurs, tiny bone growths that form on the heel bone.

## **How do I know if it is Plantar Fasciitis?**

Most suffers experience pain at the bottom of the foot where the heel and arch meet when:

- Taking their initial steps getting out of bed in the morning
- Standing for long periods of time
- Standing up after sitting for a while
- After intense activity such as running
- Going up/down stairs
- Walking barefoot or in un-supportive shoes

Your physician will provide a physical exam feeling for damaged ligaments, inflamed tendons, and displaced bones. An X-Ray may also be taken to rule out a stress fracture or identify bone spurs.

## **What is the treatment for Plantar Fasciitis?**

Treatment that you start when you first notice symptoms is more successful and takes less time than treatment that is delayed. There are many methods of treatment available to achieve the following goals: relieve inflammation, allow small ligament tears to heal, improve strength / flexibility, correct bio-mechanics of the foot for proper foot placement / gait, and allow pain free return to activities.

Treatment may include:

- Rest / Elevation– avoiding activity that reproduces discomfort
- Ice / Oral anti-inflammatory or steroid
- Proper fitting shoes or orthotic inserts
- Night splints
- Steroid injections
- **Physical Therapy**
  - Manual Stretching / Deep Tissue Massage
  - Joint Mobilization / Scar Mobilization
  - Anti-inflammatory modalities such as iontophoresis / phonophoresis through ultrasound to promote healing
  - Taping to correct foot in-balances / support arch

- Strengthening -using correct body mechanics
- Gait / Balance training
- Issue home stretching / Strengthening program
- Education to prevent re-occurrence
- Surgery
  - Most health care professionals agree that non-surgical treatment for plantar fasciitis can be a slow process. If symptoms do not improve within 6-12 months surgery may be indicated. The most common type of surgery is:
    - Plantar Fascia Release: through a regular incision or as endoscopic surgery.

### **How can I prevent Plantar Fasciitis?**

- Wear comfortable, supportive shoes (replacing shoes regularly)
- Use care when starting or intensifying your exercise program
- Stretching before and after activity
- Stand on a thick mat if you must stand in one place for prolonged periods of time
- Keep your weight under reasonable control

*Sources: American Physical Therapy Association, WebMD, [aafp.org](http://aafp.org), [mayoclinic.com](http://mayoclinic.com), & [aaos.com](http://aaos.com)*

**Don't trust your physical therapy care to just anyone, choose the best! CORA Rehabilitation Clinics provide the highest level of care possible believing that true compassion coupled with a manual therapy approach will make your experience positive and your outcome successful. CORA Rehabilitation Clinics Physical Therapy Staff are all LICENSED professionals with convenient locations near you.**