

Do you have a nagging pain on the bottoms your feet? Is it worst when you take your first steps in the morning, or after sitting for a long period of time? You may have plantar fasciitis. This is a painful condition in which the fascia or other structures on the bottom of the foot become inflamed. It is a common condition that many people just deal with and don't realize that something can be done for it!

Plantar fasciitis is most common in people who are on their feet for long periods of time, athletes, people who are heavier (higher load on feet), or those who have biomechanical gait issues like over pronation (often the case with flat feet).

What is it?



Pain typically starts at the heel, and can radiate toward the toes. It can be caused by the plantar fascia or other structures on the bottom of the foot (plantar aponeurosis, quadratus plantae, or flexor digitorum brevis) becoming irritated or inflamed. When the muscles are overworked, they tend to shorten. This causes them to be more easily damaged. As they are damaged, they cause pain in the bottom of the foot.

What can be done for it?

- Active release techniques can be used to break up adhesions that form over time in the injured tissue.
- Orthotics, shoe inserts, or simply wearing the proper shoe for your foot can be helpful if there is a biomechanical gait problem.
- A nighttime brace or Strassburg Sock can be worn at night to hold the foot in a flexed position so the structures on the bottom of the foot don't shorten while they are relaxed all night.
- A golf ball, tennis ball, or frozen water bottle can be used to roll on the bottom of the foot.
- In severe cases, injections are sometimes helpful to help stop the inflammatory cycle.

If you are one of the many people that suffer from this without realizing that something can be done, I hope these tips help you! Give us a call at (630) 448-0255 if you have any questions or would like to schedule an appointment.