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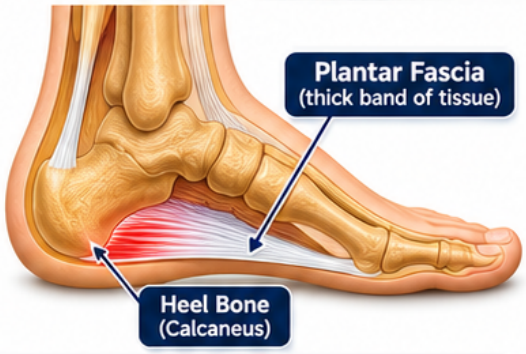
PLANTAR FASCIITIS

Causes, Symptoms, Treatment & the Role of Orthotics



What Is Plantar Fasciitis?

Plantar fasciitis is an inflammation or irritation of the plantar fascia, a thick band of tissue that runs along the bottom of the foot from the heel to the toes. It is one of the most common causes of heel pain and can make walking, standing, or physical activity uncomfortable.



Common Symptoms

- **Sharp heel pain**, especially with the first steps in the morning.
- **Pain after periods** of rest (such as sitting).
- **Increased pain** with prolonged standing, walking, or activity.
- **Tenderness** on the bottom of the heel.
- Symptoms that may come and go or worsen over time.

What Causes It?

Plantar fasciitis usually results from excessive strain on the plantar fascia. Common causes include:

- **Overuse and high-impact activities** (e.g., running, sports, or prolonged standing).
- **Abnormal foot mechanics** (such as flat feet, high arches, or overpronation).
- **Tight calf muscles and a limited** ankle range of motion.
- **Improper or worn-out footwear** with poor arch support.
- **Increased body weight**, which adds extra stress to the fascia.

Who Is at Risk?

- Runners and athletes
- People who stand for long periods (e.g., work)
- Individuals with flat feet or high arches
- Overweight individuals

Possible Complications

If not treated, plantar fasciitis can become a chronic (long-term) problem, leading to persistent heel pain and limitations in daily activities.

Treatment Options

Most cases improve with conservative treatment, which may include:

- **Rest and activity modification** – reduce high-impact activities that aggravate symptoms.
- **Ice** – apply for 15–20 minutes several times a day to reduce inflammation.
- **Stretching** – especially the plantar fascia and calf muscles.
- **Supportive footwear** – shoes with good arch support and cushioning.
- **Anti-inflammatory medication** – (e.g., ibuprofen) if recommended by your doctor.
- **Physical therapy** – stretching, strengthening, and other modalities as needed.
- **Injections or other procedures** – in persistent cases.





Custom Orthotic with Arch Support

How Orthotics Help

- **Support the arch** and **reduce strain** on the plantar fascia.
- **Improve foot alignment** and **control** overpronation (rolling inward), a common cause.
- **Distribute pressure more evenly** across the foot, especially the heel.
- **Provide shock absorption** to lessen the impact on the heel and fascia.
- **Help relieve pain** and allow a safe return to daily and athletic activities.