

CHOOSE
2 WALK

PLANTAR FASCIITIS FACT SHEET

Plantar fasciitis is a painful inflammatory condition of the thick connective tissue underlying the arch support of the foot.



Plantar fasciitis can be painful, but fortunately, there are multiple ways to alleviate and be free of the pain.

FOOT STRETCHES

Toe stretches, calf stretches and stretching the back of the leg with a towel can do wonders to treat plantar fasciitis. These stretches are especially beneficial in the morning, after the foot has been at rest all night.



COMMON CAUSES OF PLANTAR FASCIITIS

WEIGHT

Excess weight increases the strain placed on the plantar fascia when you walk and run, especially over long periods of time.

SHOE TYPE

Shoes that don't fit well or are worn out may be unable to properly support your foot and cause the development of serious injuries.



MEDICATION

If nothing seems to help, see your doctor about possible treatment options. He/she may suggest a splint for your foot at night or possibly steroid injections for your heel.

NEW SHOES

Pick a pair of shoes with good arch support to help alleviate foot pain. Orthotic inserts that have been designed to help support the arch of the foot can also help with pain.