

The Agave Apple

Plantar Fasciitis

This month we will be taking a break from our Cancer Screening series to discuss a common orthopedic condition of the foot. Plantar fasciitis (fash-eee-EYE-tiss) is the inflammation and microscopic tearing of the tissue covering the bottom of the foot (the plantar fascia). This the most common foot injury in runners, but is also surprisingly common among the general population as well.

2 Million

The estimated number of Americans that are affected each year with plantar fasciitis

Age 40-60

The most common age to develop plantar fasciitis, but is more common in women.

10%

The percentage of runner related injuries attributed to plantar fasciitis.

Symptoms

- Pain is most commonly at the heel near the inside of the arch
- Pain worsens with first steps & prolonged sitting, but improves after walking
- May develop suddenly or over time

Risk Factors

- Repeattive activities (ex: running)
- Abrupt start of physical activity or new activity
- overweight or obese
- Muscle tightness

Treatment

- **Medications:** scheduled ibuprofen or Aleve (ex: 3 ibuprofen every 8 hours)
- Rest and activity modification
- Ice
- Home exercises or physical Therapy
- Steroid injections
- Splints
- Surgery to release fascia

Ask for our plantar fasciitis rehabilitation exercise handout

Common Myths

Proper shoes will cure planar faciitis.

While wearing the wrong shoes can definately cause plantar faciitis, a change in shoes alone has not shown to decrease symptoms. However, the proper pair of shoes is important for when you are ready to get back to physical activity.

Heel spurs often cause pain.

Studies have shown that heel spurs found are x-rays are generally insignificant findings and are not the cause of pain.

Custom orthotics are the treatment of choice for heel pain.

Custom orthotics can be very helpful but are overall not found to be any more effective when compaired to inexpensive off the shelf arch supports, night splints and silicone heel inserts.

The first step for treatment should always be a combination of scheduled ibuoprofen or Aleve, ice, rest and home exercises/stretches.

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21300 North John Wayne Parkway, Ste 123, Maricopa, Arizona 85139 p: 520-494-7778
www.AgaveFamilyPhysicians.com