

## ***Plantar fasciitis***

Plantar fasciitis is known to be one of the most common causes of heel pain, whereby the plantar fascia (fibrous band of connective tissue) micro tears or becomes inflamed over the heel bone causing significant discomfort when walking and performing physical activity (John Miller, 2014).

### ***Signs and symptoms:***

Pain is usually felt on the underside of the heel and can be commonly associated with changes in activity or extensive period of weight-bearing (Sports Medicine Australia, 2014).

You may encounter:

- Sharp pain in bottom of heel
- Heel pain that increases overtime
- Heel pain after getting up from a seated position or after long periods of standing
- Heel pain following exercise (not during)
- Mild swelling in the heel



Source: [wecareforlife.com](http://wecareforlife.com)

### ***Risks:***

There are a number of risks that can increase the likelihood of plantar fasciitis. These include specific sports that place stress on the heel bone, flat-footed or high arches, middle aged or older men and women due to weakness in supporting muscles overtime, overweight individuals, pregnancy, being on your feet and wearing shoes with poor arch support (Sports Medicine Australia, 2014).

### ***Prevention:***

- Ensure an appropriate warm up is undertaken prior to exercise, sport or any other physical activity
- Maintain an ideal body weight
- Wear supportive footwear when performing weight-bearing activities
- Avoid overtraining
- Allow adequate rest between job tasks or exercise
- Avoid activities that cause pain

Plantar Fasciitis (Foot Arch and Heel Pain, n.d)

Ensure that if experiencing symptoms of plantar fasciitis that you contact relevant treating parties for further advice, diagnosis and treatment.

**References:**

John Miller (2014). *Plantar Fasciitis*. Retrieved October 8 2014 from  
<http://physioworks.com.au/injuries-conditions-1/plantar-fasciitis>

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[http://www.polk.amedd.army.mil/content/docs/pt/early\\_management\\_of\\_plantar\\_fasciitis.pdf](http://www.polk.amedd.army.mil/content/docs/pt/early_management_of_plantar_fasciitis.pdf)

Sports Medicine Australia (2014). *Plantar Fasciitis*. Retrieved October 8 2014 from  
<http://sma.org.au/resources-advice/injury-fact-sheets/plantar-fasciitis/>