

## PLANTAR FASCIITIS AND HEEL SPURS

Plantar fasciitis is a common foot problem. It starts as a dull intermittent pain in the heel and/or arch which may progress to a sharp persistent pain. Classically, the first few steps in the morning are the most painful.

The plantar fascia is a thick fibrous material on the bottom of the foot (See Figure 1). It helps to maintain the arch, general structure and stability of the foot. Heel spurs are a later, advanced form of plantar fasciitis.

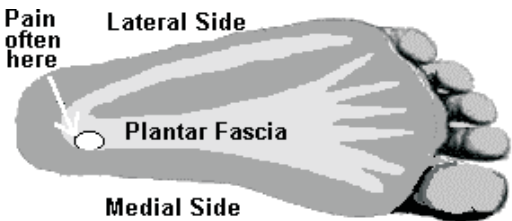


Figure 1

If plantar fasciitis becomes chronic, it can take several months before the painful symptoms improve. It is, therefore, important to seek treatment early. Common treatments include;

- Ice
- Rest
- Foot orthotics
- Night splints
- Medications

For more information visit our website.