

Plantar Fasciitis - Inflammation of the band of connective tissue on the sole of the foot.

Synonyms: plantar tendonitis.

Symptoms: Pain, usually starting in the heel, when walking. Often pain is sharp and very painful with the first few steps in the morning, which dissipates fairly quickly. By the end of the day, dull, achy or throbbing pain may develop and radiate into the arch or the forefoot.

How is it diagnosed?

A thorough patient history and physical examination can lead towards the diagnosis of osteoarthritis. X-rays can rule out bony spurs that may be causing pain. Advanced imaging is usually not necessary.

How is it treated?

Shoe orthotics (special insoles for your shoe) and night splints (a device that holds your foot in a stretched position while you sleep) are the initially recommended treatments.

Other conservative treatment options include Chiropractic extremity adjustments, stretching, ultrasound, and/or cross friction massage.

Alternative treatments.

NSAID's, analgesic medication, steroid injections, surgery.

Prognosis is fair. In many case (up to 80%) plantar fasciitis will resolve on its own. This may take up to a year. Surgical intervention is a consideration if pain is intractable for longer than 3-6 months.

Duration of care: The natural history of plantar fasciitis is not fully understood. Conservative treatment for 4-6 weeks, at 2 to 3 times per week would be appropriate starting point.