

## **Plantar Fasciitis**

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*Plantar fasciitis* is a common condition and affects over two million Americans each year. Otherwise known as "painful heel spur syndrome", plantar fasciitis can be caused by multiple factors which include arthritic changes, trauma, and mechanical implications regarding foot movement, height of the foot arch, tight lower leg muscles and poor foot support.

On the bottom of the foot there is a thick tissue known as plantar fascia, which can become inflamed due to repetitive movement. This would make it characterized as an overuse syndrome. It is believed to be a development of micro-tears resulting in inflammation secondary to repetitive forces placed on the tissue. Although, further medical research suggests this may not be the actual cause and remains inconclusive. The greatest risk factors include: being overweight and/or having limited ankle mobility.

Since there are many factors which can create plantar fasciitis, physical therapy's goal is to treat the cause not the symptoms. Extensive research proves that iontophoresis or cortisone injections create only a short term resolution of foot pain, and does not resolve the problem in the long run. A manual therapy approach provided by a physical therapist is shown to have the highest chance of eliminating plantar fascia symptoms at about two years with 92% subsided symptoms.

In short, plantar fasciitis does not require an x-ray or MRI in order to diagnose. It is commonly seen in an outpatient orthopedic physical therapy setting and can be treated with multiple effective means.

*If you are suffering from plantar fasciitis or would like to schedule a free screening to see if you are, our physical therapists can help. Please call us at 1-800-726-2225 and we will schedule you at your convenience. Rhonda is available at our [Clintonville](#) & [Waupaca](#) locations, and is currently taking new patients.*