



Plantar Fasciitis Patient Education

What is Plantar Fasciitis?

The plantar fascia is the thick tissue on the bottom of the foot. It connects the heel bone to the toes and creates the arch of the foot. When this tissue becomes swollen or inflamed, it is called plantar fasciitis. Plantar fasciitis occurs when the thick band of tissue on the bottom of the foot is overstretched or overused. The most common symptom is pain and stiffness in the bottom of the heel. The heel pain may be dull or sharp. The pain is often worse in the morning or climbing stairs.

What are the treatment options?

Your healthcare provider will first recommend resting as much as possible, heel and foot exercises, wearing shoes with proper support, and pain and inflammation reducers. Applying ice or splints or even using steroid shots can be effective as well. Some patients may not respond to non-surgical treatments and if they do, the treatments may take months or even 2 years before the symptoms get better. The Seg-WAY system can provide an endoscopic surgery option.

