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plantar fasciitis

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plantar fasciitis

n.

Inflammation of the fascia on the plantar surface of the foot, usually at the attachment to the heel, often making it painful to walk.

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plantar fasciitis

Heel spur syndrome Orthopedics The most common cause of inferior heel pain, usually of the medial aspect of the plantar fascia as it attaches to the inferior medial calcaneal tuberosity; the pain is usually worse in the morning and persists as a dull, toothache-like pain, exacerbated by ↑ activity, lasting up to 6-12 months; the medial insertion of the plantar fascia on the calcaneus may be tender; extension of the great toe can cause Sx; cavus feet or pronation on gait may be evident on exam Management Cross-friction ice massage, arch exercises, stretches, heel cups, NSAIDs, arch pads/orthotics, night splints, physical therapy

McGraw-Hill Concise Dictionary of Modern Medicine. © 2002 by The McGraw-Hill Companies, Inc.

plantar fasciitis

inflammation of the plantar fascia, most usually noninfectious, and often caused by an overuse mechanism; elicits foot and heel pain.

Synonym(s): plantar tendinitis

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plan-tar fas-ci-i-tis (plan'tahr fash'ē-ṽtis)

Damage and/or inflammation of the fascia of the plantar surface of the foot, usually at the calcaneal attachment.

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fasciitis inflammation of fascia

plantar fasciitis acute or chronic inflammation of plantar fascia due to formation of microtears in response to repetitive excessive tensile forces (e.g. as in overpronating or cavoid foot); characterized by pain, acute or chronic discomfort in proximal, central or distal part of the plantar fascia, that may radiate into the Achilles tendon; see [triple therapy for plantar fasciitis](#); **Table 1**

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Table 1: Rearfoot pain

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| Location of pain | Possible causes |
|-----------------------------------|---|
| Posterior aspect of heel | Sever's disease/traction apophysitis Duck bill fracture of calcaneum Haglund's deformity Insertional calcific Achilles tendinosis Deep retrocalcaneal bursitis Superficial retrocalcaneal bursitis Achilles tendinitis Partial rupture of Achilles tendon Total rupture of the Achilles tendon Blisters Chilblain/perniosis |
| Inferior (plantar) aspect of heel | Calcaneal fracture Osteoid osteoma Calcaneal spur Baxter's neuritis Sero-negative and sero-positive inflammatory joint disease Plantar calcaneal bursitis (policeman's heel; stone bruise; subcalcaneal bursitis) Proximal plantar fasciitis Proximal foot strain S1 entrapment neuropathy/radiculopathy Medial calcaneal nerve entrapment neuropathy Corn/callosity Verruca pedis |
| Medial aspect of the heel | Deltoid ligament strain/sprain Tibialis posterior tendinitis Tibialis posterior rupture/partial rupture Flexor hallucis longus tendinitis Flexor digitorum longus tendinitis |
| Lateral aspect of the heel | Lateral collateral ligament strain/sprain Peroneus longus tendinitis Peroneus brevis tendinitis |
| Anterior aspect of ankle | Osteochondritis dissecans of the talus Anterior impingement Extensor retinaculitis |
| Periphery of heel | Heel fissures Tinea pedis |

Illustrated Dictionary of Podiatry and Foot Science by Jean Mooney © 2009 Elsevier Limited. All rights reserved.

Patient discussion about plantar fasciitis.

Q. Can anyone suggest a treatment for plantar fasciitis, apart from ultrasound, physio, anti-inflammatory agents? My friend has had Plantar Fasciitis for more than 1 year and has persevered with all the usual treatments above plus lots of rest from weight-bearing and elevation.


A. Padded foot splints, silicone heels insert and special shoes (e.g. arch-supporting shoes) may also help. These are usually sold and fitted by a professional. Exercise is another important measure. Some patients benefit from avoiding walking barefoot or in sleepers but rather using shoes from the first step.

More advanced treatments include steroid-local anesthetics injections, botulinum toxin (similar to botox) injections and surgery.

The prognosis is usually favorable, and most patients achieve relief of the pain.

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However, all of the above is just for general knowledge - if you have any specific question, you may want to consult a doctor.

You may read more here:

www.nlm.nih.gov/medlineplus/ency/article/007021.htm

Q. Is there any good source for heel pain relief, besides NSAIDs? My heel pain is most severe at night when I sleep. It's as if the way I position my feet worsen the condition, but I'm at a loss to know how to position my feet. During the day my heels feel so but don't typically bother me.

A. I have found that keeping my feet flexed (the position they are in when standing) helps ease the pain of plantar facitis. I also don't let my feet get cold(wear socks)and keep heavy blankets and quilts off the feet. Placing a box under the covers at the foot of the bed will help keep the blankets up. Do try the exercises recommended on the above web sites. It usually resolves in about 6 months. Best wishes!

[Read more or ask a question about plantar fasciitis](#)


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[Botox better than steroids at treating painful foot condition](#) by Asian News International

com/prnh/20100920/DC67758LOGO) **Plantar fasciitis** is the cause of 11% to 15% of all foot complaints requiring medical attention.

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A **Plantar fasciitis** causes pain on the sole of the foot, usually under the heel.

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