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Understanding  
**Plantar Fasciitis**

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## What is Plantar Fasciitis?

Plantar Fasciitis is a common condition that affects the heel and sole of the foot. It occurs when the band of tissue that supports the arch of the foot, known as the plantar fascia, becomes inflamed or irritated. This condition can cause intense heel pain and discomfort, especially with the first steps taken after getting out of bed in the morning or after prolonged periods of rest.

### Causes

The exact cause of Plantar Fasciitis is not always clear, but several factors may contribute to its development such as:

- **Overuse:** Excessive running, walking or standing on hard surfaces for long periods can strain the plantar fascia
- **Foot Structure:** Flat feet or high arches can affect the distribution of weight and contribute to Plantar Fasciitis
- **Improper Footwear:** Wearing shoes with inadequate support or poor cushioning can increase the risk of developing Plantar Fasciitis

- **Age:** Plantar Fasciitis is more common in adults between the ages of 40 and 60 years
- **Obesity:** Excess body weight puts additional stress on the Plantar Fascia

### Symptoms

Common symptoms of Plantar Fasciitis include:

- **Heel Pain:** Usually, pain in the heel is most severe with the first steps of the day
- **Stiffness:** The foot may feel stiff, particularly after periods of rest
- **Tenderness:** The bottom of the heel may be tender to the touch
- **Burning or aching sensation:** Some individuals may experience a burning or aching sensation on the bottom or sole of the foot

### Diagnosis

Diagnosis is typically based on a physical examination and may include, imaging studies such as X-rays or an MRI to rule out other conditions.

### Treatment Options

- **Rest:** Give the feet a break by avoiding activities that aggravate the pain
- **Ice:** Applying cold pack to the affected area can help reduce inflammation
- **Stretching exercises:** Specific exercises to stretch the calf muscles and the plantar fascia can be beneficial
- **Supportive footwear:** Wearing shoes with good arch support and cushioning can help reduce the pain while walking
- **Orthotic inserts:** Custom-made or over-the-counter orthotic shoe inserts can provide additional support to the foot

### When to Seek Medical Attention

If the symptoms persist despite self-care measures or if one experiences severe pain, they should consult a healthcare professional. In some cases, more advanced treatments such as Corticosteroid Injections / PRP Therapy or Physiotherapy may be recommended.

Remember, early intervention and proper care are crucial for managing Plantar Fasciitis effectively. If there are any concerns or questions, do not hesitate to seek advice from a healthcare professional.