

Plantar Fasciitis / Fasciosis

- ❖ Plantar fasciitis is the most common cause of heel pain.



- ❖ It affects your plantar fascia which is a flat band of tissue that connects from your heel bone to your toes and supports the arch of your foot.
- ❖ May be due to: pronation (feet rolling in with walking), high or low arches, repetitive exercises, poor shoe wear, obesity, or tight Achilles/calf muscles.



- ❖ Symptoms may include heel pain with your first step in the morning or first step after prolonged sitting, or pain with repetitive activities such as walking, running, or standing.
- ❖ Treatment - Perform these exercises 2x/day. If your symptoms persist, skilled PT can help provide relief!

