

PLANTAR FASCIITIS

Symptoms

Causes

What can I do?



Information provided by:

***Manitoba Association
of Foot Care Nurses***

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Plantar Fasciitis is a common but serious and painful condition that occurs when the ligament on the bottom of the foot becomes inflamed. This ligament extends from the front of the heel to the ball of the foot.

The pain associated with plantar fasciitis is often described as very painful first thing in the morning or after sitting or resting for a while, and then somewhat subsides after walking several steps.

- Pain along the bottom of the foot, usually worst first thing in the morning or after sitting for a while and then getting up to walk
 - Irritation of the plantar fascia
 - Heel bone abnormalities
 - Rheumatoid arthritis
 - Weight gain or loss
 - Heel spurs
 - Trauma
 - Sudden increase in physical activity
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- Proper fitting footwear (ie: good arch support, heel support, lace/velcro closure)
 - Footwear should be appropriate for the activity you are planning (ie: hiking, basketball etc.)
 - Avoid slip-on shoes
 - Stretching exercised prior to getting up in the morning
 - Seek medical attention for assessment and treatment

Clients with diabetes or poor circulation are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at www.footcarenurse.ca

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