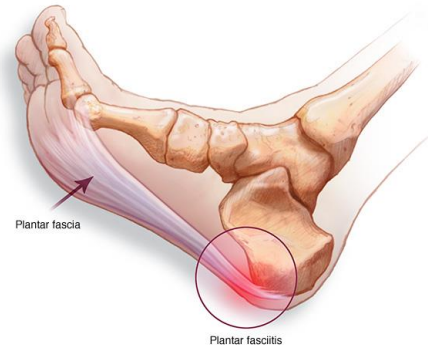


# Plantar Fasciitis

The Plantar Fascia is the flat band of fibrous tissue under the foot that connects your calcaneus to your metatarsals (toes) to support the arch of your foot. Normally, the fascia should be flexible and strong.

Sometimes due to incorrect foot function such as over-pronation the plantar fascia is stretched out excessively with every step we take. Consequently the ligament starts to pull away from its weakest point: ie. where the fascia inserts into the calcaneus. This constant tension leads to micro-tearing of the tissue and inflammation at the attachment of the plantar fascia and heel bone, causing heel pain.



During rest (e.g. when you're asleep or sitting), the plantar fascia tightens and shortens. When getting up body weight is rapidly applied to the foot and the fascia must stretch and quickly lengthen, causing micro-tearing in the fascia. Hence, the stabbing pain with your first steps in the morning or after sitting for a while. Because of the continuous pulling of the fascia at the heel bone, the body eventually responds by developing a bony growth on the heel bone.



Do you experience heel pain with your first steps in the morning? Do you have a sharp stabbing pain at the bottom or front of the heel bone? Does the pain subside after a while and turn into a dull ache? Does the pain come back after sitting for a long period?

We spend so much of our time standing or walking around that painful feet are very distressing. Pain in the heel area is especially common and may be associated with a calcaneal spur, sometimes called a heel spur. Heel spurs are a very common foot problem in Australia, with thousands of people suffering each year. Fortunately, for most people there's an effective and affordable treatment solution to this painful foot condition.

## What causes a heel spur?

A heel spur is a bony growth on the calcaneus (heel bone). The heel spur itself is actually not causing any pain. It is the inflamed tissue around the spur that causes pain and discomfort.

The most common cause of heel pain and heel spurs is Plantar Fasciitis (inflammation of Plantar Fascia).