

Is It Plantar Fasciitis or Heel Spurs?

If your first steps in the morning feel like your walking on nails, you may have PF.

Plantar fasciitis (PF) is a painful inflammatory process of the plantar fascia, the connective tissue on the sole (bottom surface) of the foot. It is often caused by overuse of the plantar fascia or arch tendon of the foot. It is a very common condition and can be difficult to treat if not looked after properly.

The plantar fascia is a thick fibrous band of connective tissue originating on the bottom surface of the calcaneus (heel bone) and extending along the sole of the foot towards the toes. It has been reported that plantar fasciitis occurs in two million Americans a year and in 10% of the U.S. population over a lifetime.

DIAGNOSIS

The diagnosis of plantar fasciitis is usually made by clinical examination alone. The clinical examination may include checking the patient's feet and watching the patient stand and walk. The clinical examination will take under consideration a patient's medical history, physical activity, foot pain symptoms and more. Your doctor may decide to use imaging studies like radiographs (X-rays), diagnostic ultrasound and MRI.

The Heel Spur-Plantar Fasciitis Connection

An incidental finding associated with plantar fasciitis is a heel spur, a small bony calcification on the calcaneus heel bone, in which case it is the underlying plantar fasciitis that produces the pain, and not the spur itself. Plantar fasciitis is responsible for the creation of the spur and is not caused by the spur.

TREATMENT

Treatment options for plantar fasciitis may include rest, massage therapy, stretching, night splints, physical therapy, cold therapy, heat therapy, orthotics, anti-inflammatory medications, injection of corticosteroids and surgery in refractory cases. In addition, some evidence shows that stretching of the calf and plantar fascia may provide PF relief. [LEARN MORE ABOUT PF](#)

If you're suffering with foot or ankle pain, flat feet or high arches, or if you're experiencing the numbness, pain and tingling of diabetic peripheral neuropathy and would like to know more about it, please call our office (888) 488-4728.

Over 90% Of Plantar Fasciitis Cases Do Not Require Surgery.



There's no need to suffer with the debilitating pain associated with plantar fasciitis. Ask your podiatrist to evaluate your individual case for the best solution.

5 COMMON CAUSES OF PF

1. Foot arch problems (both flat feet and high arches)
2. Long-distance running, especially running downhill or on uneven surfaces
3. Sudden weight gain or obesity
4. Tight Achilles tendon (the tendon connecting the calf muscles to the heel)
5. Shoes with poor arch support or soft soles

APPOINTMENT CENTRAL

We Can Help!



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