

The Right Shoe's Guide to Plantar Fasciitis

The Right Shoe specializes in **supportive** footwear, **width** sizing, and shoes that accommodate **orthotics**.

Services such as **professional fitting**, **exceptional customer service** and **knowledgeable staff** are provided



Defintion

Plantar fasciitis is the inflammation of the plantar fascia. In this condition the plantar fascia, which runs along the bottom of your foot, has microtears in it near the point of its insertion on the calcaneus, or heel bone. Usually this tendon made of fibrous connective tissue limits the flattening of the arch during weight bearing and provides stability to the arch.



Signs & Symptoms



- Sharp pain upon standing first thing in the morning
- Localized pain in the heel region
- Pain increases with weight bearing
- Initial pain is eased with activity, but returns with rest

Causes

Typically there are many factors contributing to the onset of plantar fasciitis. This condition is classified as an overuse syndrome; the plantar fascia is overloaded during weight bearing activities. Common culprits include excessive pronation of the foot during gait or high arched feet.

Over-pronation lowers the arch and stretches the plantar fascia, whereas high-arched feet keep the plantar fascia under constant tension. Other determinants include obesity, tightness of the Achilles tendon and other adjoining muscles, and overuse. In terms of footwear, defective shoes, improper shoes for your foot type, and poor cushioning are some things to watch for.

The type of activity you participate in may be at fault; running on soft terrain or on your toes, such as sprinting or down hill running can also be causes.

Don't forget to take care of your feet during the most often overlooked time of day, at home. Sandals with a contoured cork foot bed will offer you the arch support you need, and are an excellent choice for an around the house shoe. It is important not to go barefoot or you may further aggravate the condition.



