

# PLANTAR FASCIITIS (FASCIOPATHY)

“My Painful Foot!”



# PLANTAR FASCIOPATHY

**#1 Cause of heel pain!**

**Afflicts**

**Athletes**

**Sedentary**

**Slow to heal**

**Often recurrent**



# **RUNNERS/IMPACT ATHLETES**

**Overuse injury**

**Progressive**

**Often necessitates  
modified and/or  
cessation of training**

**Frequently recurrent**



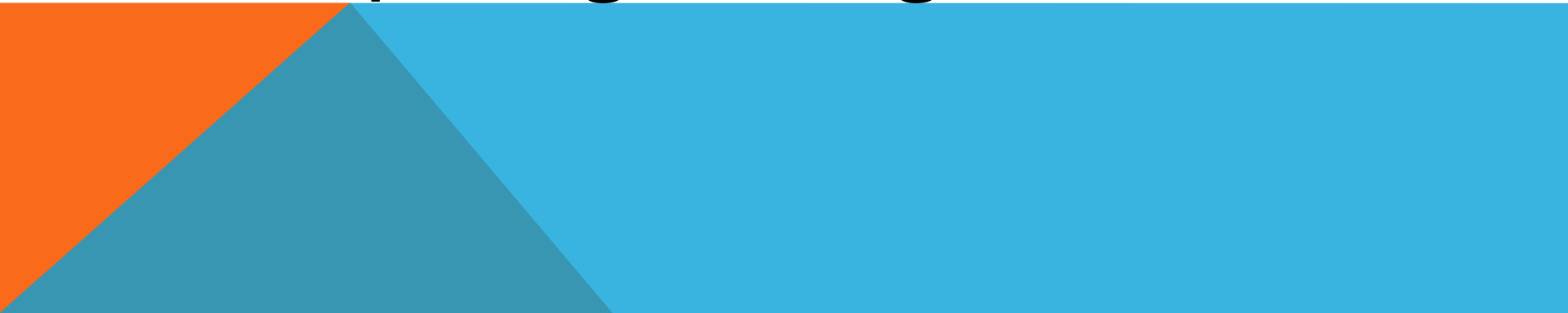
# SYMPTOMS

## Weight bearing heel pain

- Burning
- Sharp, dull, achy

## Morning pain with first few steps

## Pain after prolonged sitting



## **RISK FACTORS**

**Female gender**

**Excessive body weight**

**Working on hard surfaces**

**Ankle stiffness**



# NONOPERATIVE TREATMENTS

**Rest**

**Soft heel inserts**

**Orthotics**

**Stretching**

**PT modalities**

**Night splints**



# **SHOCK WAVE THERAPY**

**Safe**

**Effective**

**Noninvasive**

**In-office procedure**

**Popular in Europe/South America**

**Usually not covered by insurance in  
USA**



# **BEST STRETCHES**

## Non Weight-Bearing PF Stretches



## COMMON SURGICAL OPTIONS

### Limited fascia release

- Corrects PF tightness

### Tendon lengthening

- May improve ankle flexibility

### Combination of above



# PREVENTION STRATEGIES

**Good footwear**

**Optimal body weight**

**Maintain flexibility**

**Avoid excessive**

**“pounding” on hard  
surfaces**



LEARN MORE

**Link to Handout**

[www.aofas.org](http://www.aofas.org)

[www.aoss.org](http://www.aoss.org)

