

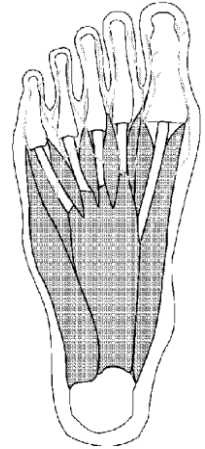
Heel Pain and Plantar Fasciitis

What is it?

- Thick, fibrous tissue covers the bottom of the foot
- Plantar fascia - inflamed, painful
- Pronation - excessive inward rolling of the foot during walking or running or wearing worn out shoes or poor arch support or having tight calf muscles or running downhill or on uneven surfaces

Who does it affect?

- Athletes
- Middle Aged people
- Obese, overweight
- Prolonged standing
- Repetitive movements as running and jumping



What are the Symptoms?

- Foot or heel pain

What do I need to do?

- See a Health Care Provider
- Stretching tendon and calf muscles several times a day
- Maintain a good weight
- Wear good shoes with arch support
- Good exercise habits
- Reduce weight bearing activities
- Do not go barefoot

