



Plantar Fasciitis

Plantar Fasciitis is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes (plantar fascia). Plantar fasciitis commonly causes stabbing pain that usually occurs with your first steps in the morning. As you get up and move more, the pain normally decreases, but it might return after long periods of standing or after rising from sitting.



Most people who have plantar fasciitis recover with conservative treatments, including resting, icing the painful area and stretching, in several months.

Pain relievers such as Ibuprofen and Aleve can ease the pain and inflammation.