

Plantar Fasciitis

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Plantar Fasciitis is one of the most common causes of heel pain. It involves pain and inflammation of a thick band of tissue, called the plantar fascia, which runs across the bottom of your foot — connecting your heel bone to your toes. Plantar fasciitis generally occurs in one foot.

Plantar Fasciitis is the most common cause of heel pain but it may have several different clinical presentations. The pain may occur along the entire course of the plantar fascia, but is most commonly localized in the heel, tightly localized at the bony landmark on the anterior medial tubercle of the calcaneus (heel). Plantar fasciitis causes a stabbing pain or a needle sensation. In some cases, pain may prevent you from walking in a normal heel-toe gait, causing an irregular walk as means of compensation. Less common areas of pain include the forefoot (top area of the foot just below the toes), Achilles tendon, or subtalar joint (located in the anterior section of the foot).