

YOUR GROUP23

PATIENT HEALTH JOURNEY

BECOME AN EXPERT: Plantar Fasciitis

Plantar fasciitis is a common foot condition that causes pain and discomfort in the heel and bottom of the foot. The plantar fascia is a thick band of connective tissue that runs along the bottom of the foot, connecting the heel bone to the toes. When this tissue becomes overworked and irritated, small tears can develop, leading to inflammation and pain. The pain is typically most severe in the morning or after sitting for extended periods of time, as the fascia tightens and contracts during periods of inactivity.

The most common symptom of plantar fasciitis is a sharp, stabbing pain in the heel or bottom of the foot, especially when first taking steps in the morning or after lengthy periods of sitting. The pain may also become more noticeable during activities such as running, jumping, or walking on hard surfaces. Over time, the pain may become more constant and may radiate into the arch of the foot.

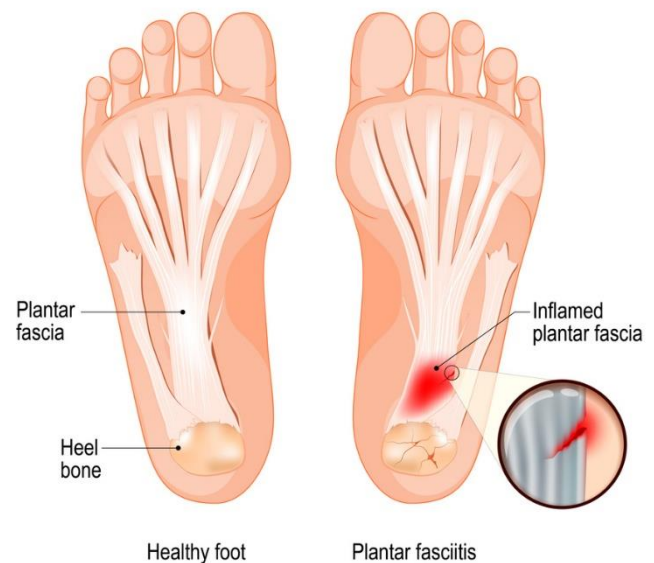
Other symptoms may include stiffness in the foot and ankle, swelling in the heel, and tenderness in the bottom of the foot.

Plantar fasciitis is most often caused by **repetitive strain** on the plantar fascia, such as from excessive walking, running, or jumping. Other factors that can contribute to the development of plantar fasciitis include having flat feet or high arches, being overweight, and wearing shoes with insufficient support.

Treatment options for plantar fasciitis are aimed at **reducing pain and inflammation**, as well as **improving foot strength and flexibility**. These can include rest/activity modification, ice, stretching, footwear, orthotics, medications, physical therapy, and injection therapy. Activity modification is essential to avoid those activities that cause pain as much as possible. Applying ice to the affected area for 15-20 minutes at a time, several times a day, can help reduce inflammation. Stretching exercises can help to loosen the plantar fascia and reduce pain. Wearing shoes with good arch support and cushioning can help to reduce pressure on the plantar fascia. Over the counter or custom foot orthotics can provide additional support and cushioning to the foot. Over-the-counter pain relievers, such as ibuprofen, can help to reduce pain and inflammation. Physical therapy and balance exercises are critically important in helping to strengthen the muscles supporting the foot. Modern image-guided regenerative injection therapies such as platelet rich plasma (PRP), prolotherapy, or SportVis (soft tissue adapted hyaluronic acid) can also aid in the healing process.

In rare cases, surgery may be necessary to treat plantar fasciitis. This is usually only recommended if other treatments have been unsuccessful.

PLANTAR FASCIITIS



BECOME AN EXPERT cont'd

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the term plantar fasciitis; it's important to us that you understand what it means!

Now you know more about plantar fasciitis, we can address treatment options that support staying active and improving foot strength. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way.

The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of plantar fasciitis. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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