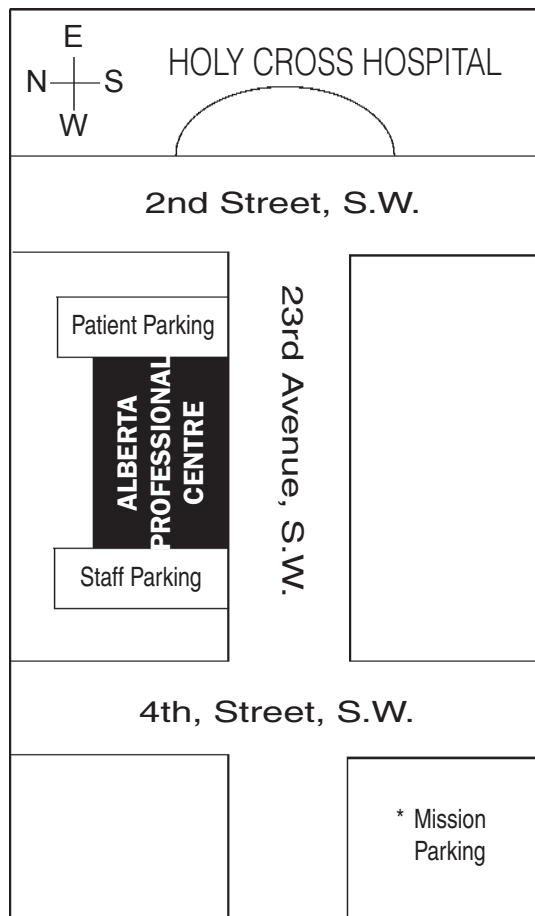


SURGERY:

If a person is treated for many months and continues to have incapacitating heel pain, then surgery may be considered. The surgery consists of releasing the tendons and nerves which may be involved and sometimes removing a palpable spur if one is present.

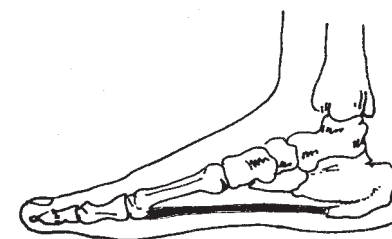
Surgical procedures for heel pain are successful in approximately 50% of the cases and an extended period of healing is required. Therefore, surgery, is utilized only when absolutely necessary.



* Alternative Public Parking at Mission Professional Centre.

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PLANTAR FASCIITIS



THE CALGARY FOOT & ULCER CARE CLINIC

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Plantar fasciitis is the most common cause of heel pain. Plantar fasciitis is an inflammation of the fibrous supportive tissue in the sole of the foot. This condition may be compared to the inflammation of other parts of the body such as "tennis elbow".

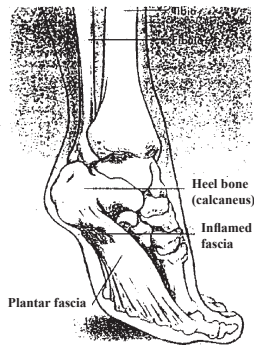
CAUSES & SIGNS:

This heel pain may come on slowly or suddenly. It has the common characteristics of being worse when first arising in the morning and also when getting up after sitting for awhile.

Approximately 50% of people who have pain in the heel may have a spur. In the vast majority of cases the heel spur is a coincidental finding and there is no relation to the heel pain.

The Causes of Plantar Fasciitis:

1. Being overweight
2. Overactivity.
3. A change in heel height.
4. Shortened heel cords and calf muscles.
5. Arch strain from improper shoes.
6. Relaxation of the arch of the foot.



TREATMENT:

Treatment consists of proper shoes with good arch supports, heel cups or taping the heel, physiotherapy, anti-inflammatory medications and rarely steroid injections. A special shoe insert called an orthotic may be utilized to reduce the reoccurrence rate of this problem.

For a runner with heel pain, return to running is reasonable when the pain has subsided, but a resumption of pace and intensity should be made very gradually and only if there is no flare-up of pain.

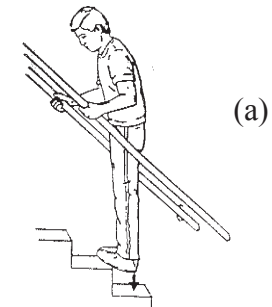
PREVENTION:

The routine use of the following Plantar Fascial tendon (a) and Achilles tendon (b) stretching exercise will decrease the likelihood of painful foot symptoms returning.

It is recommended that the painful area be iced before stretching. This is best accomplished by placing a bag of frozen peas over your Achilles tendon for 5 to 10 minutes. Once your symptoms settle, a maintenance program for 5 minutes a day should be sufficient to prevent reoccurrence.

STRETCHING EXERCISES:

(a) Put the ball of your foot on the edge of step and keep your knees straight (1). Then let your heels drop towards the floor (2). Maintain this position to allow a prolonged stretch. (5 minutes)



(b) Keep heels flat on floor, back and knees straight and lean forward by flexing your elbows and dropping your pelvis towards the floor. Flex forward until tension is felt in calf muscle at back of the legs. DO NOT BOUNCE. Hold this position for a slow count of 10. Rest for a brief period then repeat the stretch. Complete a series of 10 stretches. This exercise should be done twice daily as well as prior to physical activities.

