

Plantar fasciitis

Plantar fasciitis is the inflammation of the plantar fascia, the tissue that connects the heel to the toes on the sole of the foot. This tissue maintains the arch of the foot and absorbs the impact of walking.

It is the most common cause of heel pain, accounting for 80% of cases. It most commonly affects people between the ages of 40 and 60.

Predisposing factors

The way you walk plays an important role. It is more common in people who roll their feet inwards, have high arches, are overweight and have jobs that require them to stand for long periods of time.

What discomfort does it cause?

Pain occurs in the lower or inner part of the heel when walking. This pain is usually more intense during the first few steps, particularly in the morning. After walking for a while, the fascia stretches and the discomfort usually decreases.

In athletes, in the early stages, the pain may only occur in the morning and after training.

It is important to take preventive measures when the first symptoms appear because, over time, this condition tends to become more painful and may limit a patient's daily activities.

Preventive measures

- Wear **appropriate, comfortable footwear** with adequate support and good cushioning.
- Avoid shoes with completely flat or inflexible soles.
- **Address any excess weight** or obesity.
- If there is a change in the arch of the foot, orthopaedic insoles are usually recommended as a preventive measure.

When exercising, it is important to **warm up and stretch the muscles** before and after exercise.

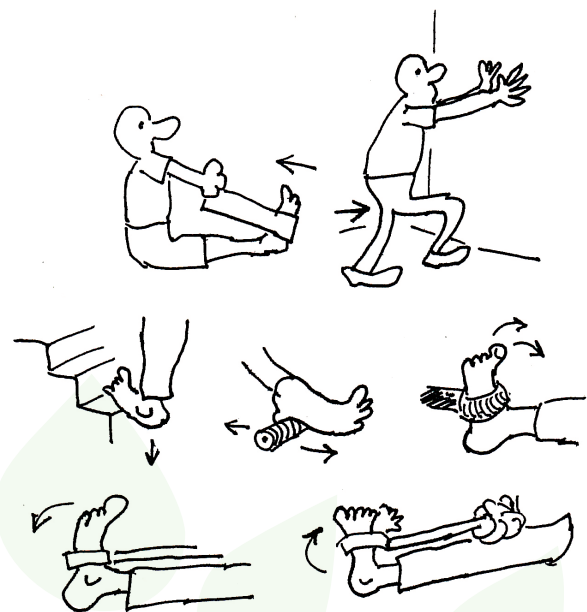
Treatment

This condition can last for weeks or even months, so it is important to **be patient and consistent** with the exercises.

In the first phase, treatment involves **stretching, avoiding sports and taking anti-inflammatory medication**.

Massaging the affected area with a small frozen water bottle acts as a roller and relieves pain.

Exercises increase the flexibility of the posterior leg muscles. Here are some examples:



If these exercises do not improve the condition, an **injection** can be administered. This is uncomfortable, but it usually reduces the pain.

Other treatments include surgery or ultrasound therapy, although the benefits of these have not been proven.

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