

Plantar fasciitis is an inflammatory condition that causes intense heel pain. The main cause of plantar fasciitis: overstretching the plantar fascia ligament, the muscle that stretches from the heel to the ball of the foot and also supports the foot's arch. Plantar fasciitis is a common cause of heel pain. This condition can be present with or without an actual bony heel spur.



Causes:

Heel pain from plantar fasciitis can flare up when the plantar fascia ligament that stretches from the heel to the ball of the foot – which also supports the arch – becomes inflamed. Calcium deposits may eventually form on the heel bone, resulting in mild to serious heel pain when applying pressure on the foot.

People with flat feet often suffer from plantar fasciitis. As the arch starts to collapse, the band of ligament and the muscle in the bottom of the foot absorbs the impact of pressure from standing or walking. Eventually, it stretches beyond its limits, leading to possible muscle tears and bone spurs. To avoid heel pain, people with [flat feet](#) should make a special effort to wear support shoes with arch support.

Other plantar fasciitis causes include:

- High arches that pull on the muscles.
- Tight calves muscles caused from poor or little stretching.
- Muscle tension that pulls away a piece of the bone.

Symptoms:

Are your first steps incredibly painful? Plantar fasciitis is the result of foot muscles tightening up overnight. The tightened muscles accentuate the pull on the heel bone spur and ligaments, or plantar fascia, making your first steps painful. You know you have heel pain if getting out of bed in the morning and stepping down makes you want to yell out. In fact, the medical term for heel pain, post-static dyskinesia, means "pain after rest."

You may also notice symptoms of heel pain when:

- Plunging into exercise without warming up first.
- Moving after any inactivity, such as sitting in a car or at a desk. The initial movement will result in sharp, shooting heel pain, giving you a sore or painful heel.

Relief and Prevention:

- Reducing inflammation: Anti-inflammatory agents used in the **treatment of plantar fasciitis** include ice, NSAIDs, iontophoresis and **cortisone** injections.
- Wearing proper footwear for both everyday and sporting activities. Using insoles that support the arch and reduce tension on the ligament. Making use of a heel pad, heel cushion or slight heel lift to relieve pressure and reduce inflammation of the plantar at its attachment to the heel bone.
- Giving the afflicted area an ice massage to reduce inflammation and relieve tension. Stretching calf muscle to reduce tightness. Maintaining length of the tight calf muscle with the use of a night splint.

