Gazelle Sports

Plantar Fasciitis

What is it?

- The plantar fascia is the flat band of tissue (ligament) that connects your heel bone to your toes. It supports the arch of your foot.
- Plantar fasciitis is caused by straining the ligament that supports your arch. Repeated strain can cause tiny tears in the ligament. These can lead to pain and swelling.

What does it feel like?

- Pain when you take your first steps after getting out of bed or sitting for a long time. You may have less stiffness and pain after you take a few steps.
- If you strain your plantar fascia, it gets weak, swollen, and irritated (inflamed) and your heel or the bottom of your foot hurts when you stand or walk.
- Your foot may hurt more as the day goes on. It may hurt the most when climbing stairs or after standing for a long time.

What are possible causes?

- Your feet roll inward too much when you walk (excessive pronation).
- You have high arches or flat feet, tight Achilles tendons or calf muscles.
- You walk, stand, or run for long periods of time, especially on hard surfaces.
- You wear shoes that don't fit well or are worn out.

What can I do?

- Give your feet a rest. Try not to walk or run on hard surfaces.
- To reduce pain and swelling, try putting ice on your heel.
- Do calf and towel stretches, especially first thing in the morning.
- Get new shoes with good arch support and a cushioned sole. Or try heel cups or shoe inserts (orthotics). Use them in both shoes, even if only one foot hurts.

Prevention

- Take care of your feet. Wear shoes with good arch support and heel cushioning. If your work requires you to stand on hard surfaces, stand on a thick rubber mat to reduce stress on your feet.
- Do exercises to stretch the Achilles tendon at the back of the heel.
- Stay at a healthy weight for your height.
- Establish good exercise habits. Increase your exercise levels gradually and wear supportive shoes. Cross train.
- Put on supportive shoes as soon as you get out of bed. Going barefoot or wearing slippers puts stress on your feet.

Try these products

- Strausberg socks and compression socks
- Shoe inserts
- Foot Rubz
- Arch ProTec
- KT tape
- Yoga strap
- Spri bands and Wobble Board

Gazelle Sports is pleased to provide general information such as that above, however, this information is not intended as a substitute for professional medical advice.

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