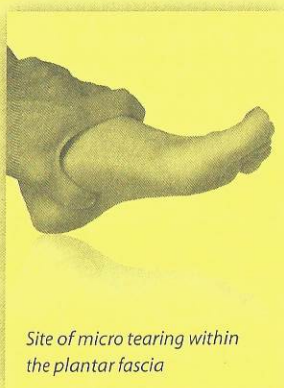


**BioPed**

# plantar fasciitis



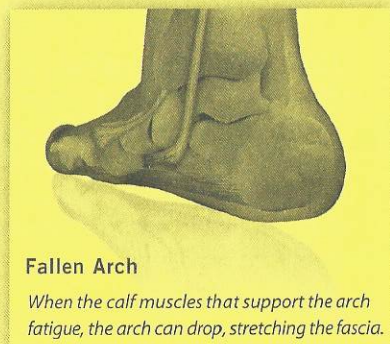
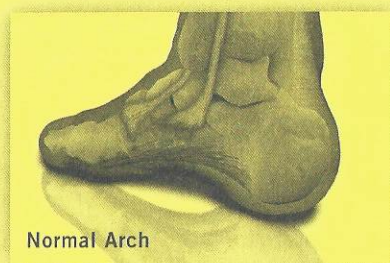
Plantar fasciitis is inflammation of the plantar fascia. The plantar fascia is a thick band of tissue that originates at the heel bone, extends forward under the arch and inserts itself to the tissue under the balls of the feet. The purpose of the plantar fascia is to maintain the arch shape in one's foot by binding the bones, muscles, ligaments and soft tissues together.

When the arch flattens, the plantar fascia may stretch excessively, resulting in micro-tears where it attaches at the heel. Inflammation usually occurs at this point. The painful micro-tears subside during rest periods, but upon standing, the fascia re-tears resulting in a burst of exquisite pain.

## CAUSES And The Effects On Your Feet

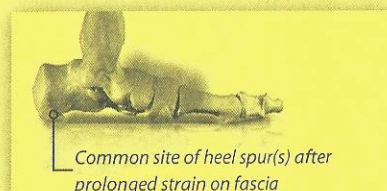
Often fasciitis is a result of one or a combination of the following:

- Overuse: Walking and standing for long hours, increases with activity.
- Flat feet, high arches, weak ankles and unsupportive short 1st toe relative to 2nd toe.
- Weight gain, or excess body weight relative to overall physical condition and musculature.
- Pregnancy.
- Unsuitable footwear.
- Heel spurs are seldom the reason for pain – pain is a symptom of inflammation due to micro tears of the fascia.



### Effects

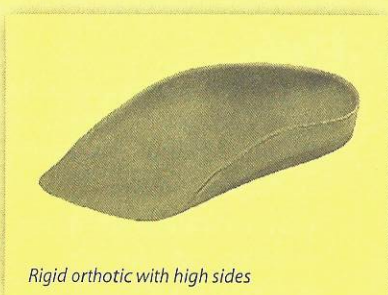
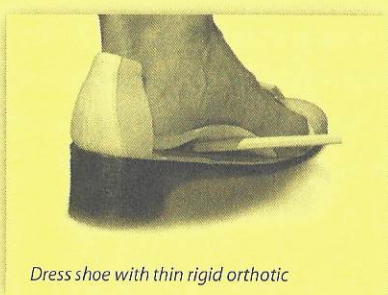
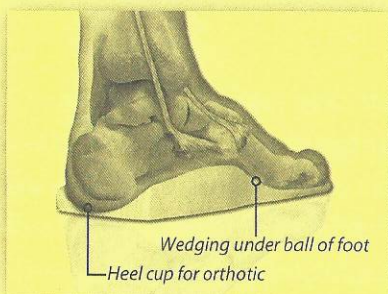
- Pain in the heel region is the most common symptom, however pain may develop under the mid-arch.
- Pain is initially worse in the morning, subsides, but progressively aches as the day progresses.
- Leg, knee and hip pain may result as patients adjust their stance or gait to compensate for the foot pain.







## THE SOLUTION Pedorthic Treatment Options



Custom made orthotics support the skeleton, muscles and fascia in the correct position. Orthotics are a long term solution to prevent reoccurrence by controlling and/or correcting the mechanics that cause the problem. For the most effective treatment of morning pain, it is recommended that the patient leave supportive sandals or footwear that houses the orthotic, beside their bed at night. Immediately upon rising, they should put them in prior to standing up (to support the fascia and prevent tearing).

Orthotics for plantar fasciitis may include:

- A cupped heel to distribute pressure evenly and away from the painful heel center.
- Arch support to stabilize and relieve muscles and soft tissue.
- Heel raise to decrease tension from the calf muscles.
- Wedging under the ball and/or heel to align foot mechanics.

### Types of Orthotics

- Rigid orthotics can be made with thin, strong materials that fit within dress shoes, skates and golf shoes.
- Semi-rigid orthotics are made with shock absorbing materials, moulded with support systems and crafted to relieve pressure areas. Recommended for high activity on hard surfaces.
- Both rigid and semi-rigid orthotics can be made with higher sides and thicker materials depending on the patient's needs. This is limited by the depth within the footwear.

### Footwear

Stability footwear is recommended. Often the patient's footwear – too soft, hard or worn out, has been a contributor to the problem.

- Stability footwear: Built with a wide sole base that provides medial and lateral support (high sides), available in athletic shoes, walking shoes, sandals and boots.

### The Canadian Certified Pedorthist

The BioPed Pedorthist is specialized in the casting, manufacturing, fitting and modification of many types of custom-made orthotics. Orthotics reflect the patient's condition, lifestyle and footwear requirements. A selection of fashionable footwear that are orthotic friendly, blended with on-site labs that can mould and shape footwear to fit, offers the arthritic patient relief from foot problems.

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