Plantar Fasciitis – Revisited

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Transforming patient information into patient understanding.

Thanks of returning for the thrilling conclusion of “What The Heck Is Plantar Fasciitis?” (Joke!!)
I think we had finished last time talking about heel spurs not being the real cause in most patients.

Is It Arthritis?

Plantar fasciitis and foot arthritis can each cause foot pain. They differ in that plantar fasciitis pain is in the center of the heel and occurs with weight bearing. If you have arthritis in the foot, it usually is joint specific. That means there are many joints in the foot so the pain can center in one of those joints which are not in the center of the heel as plantar fasciitis is. There are no joints in the center of the heel.
If a patient has inflammatory arthritis it increases their possibility of getting plantar fasciitis.
An article about inflammatory arthritis has recently appeared in the Orthopaedic Connection in Gratiot County Herald.

Treatment

- Good supportive shoes like athletic shoes are fine
- Soft rubber or gel heel cushions
- Foot orthotics custom made or off the shelf can be helpful to many patients
- Advil or similar non steroidal
- Ice applied to the heel 3 times a day for 20 minutes
- Stretch the arch of your foot and your heel cord. Best way is to have a session with a physical therapist to learn specific exercises.
- Night splint. Something I might prescribe to help ease morning heel pain.
- Injection of cortisone anti-inflammatory medication
- Surgery. Not very often. I’ve saved it until last. 98% of patients get better without surgery.

Fortunately, about 95% of patients will improve after 3 – 6 months of conservative treatment. I see patients with sore heels fairly often in the office. It’s a common problem, but there is hope with proper treatment.
However plantar fasciitis can take a long time to resolve.

My patients put their trust in me and what I do improves the quality of their lives.

Gratiot County Herald Archive and Office Website.
I sincerely appreciate all of you loyal readers and patients present and future and welcome all newcomers!
Besides what you read today there is a huge treasure trove of Orthopaedic and musculoskeletal information at www.orthopodsurgeon.com. It contains the Website Library, Your Orthopaedic Connection and complete archive of every GCH article I have written.
I specialize in you. Be well.