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Plantar fasciitis is one of the common problems affecting the heel. It is characterized by typical pain in the heel that tends to aggravate with time. Plantar fascia, which is a flat tissue band typically a ligament is a connection between the toes and heel bone. It actually provides adequate support to the arch of feet. If the plantar fascia is strained, it will become weak, irritated and swollen. The bottom of feet or heels will first hurt as you walk or stand for long

Plantar fasciitis is very common in the middle-aged and elderly people. It can also occur in people who have to be on their own feet as a part of their profession, such as soldiers or athletes. It can also affect one of both the feet.

Causes of Plantar fasciitis

Pain in the heel from plantar fasciitis is the result of straining of the ligament, which supports the arch. Over-straining leads to tiny wear and tears in ligaments, which causes pain in the heel, swelling and inflammation. These conditions commonly occur when a person rolls inward excessively while walking; has flat feet or high arches; walks or stands for long hours on hard or tough surfaces; is overweight; wears improper footwear or worn out shoes; has tight calf muscles or Achilles tendons.

Plantar fasciitis Symptoms

Symptoms of Plantar fasciitis are characterized by pain in the heel. The pain can occur when a person tries to walk after getting out of their bed or is sitting in one position for long hours. However, after taking a few steps, the pain and stiffness is usually released.

Whenever these symptoms of plantar fasciitis are seen, it should be identified and carefully monitored. Expert surgeons will help in identifying the symptoms to carry out the necessary diagnosis too.

Diagnosis

Diagnosis will involve a thorough medical checkup, followed by medical history and past record of any injuries.

The symptoms of pain will be carefully monitored, which part of the foot hurts and since when will have to be found too.

Physical activities of the person will also have to be understood – type of activities a person performs and for how long will be determinant in the process of diagnosis.

Some X-rays, followed by imaging records will help in diagnosing the suspected problem. Prolonged pain in the heel should not be neglected as it might lead to serious consequences.

Medications for Plantar fasciitis

Plantar fasciitis can be treated with various medications and steroids. There are injectable solutions too that can help in improving the condition dramatically. Surgery can also be an option when the pain is irreversible and the condition worsens further.

Medications like pain relievers and steroid shots seem to be for some time, but it is certainly not a permanent remedy.

Pain in the heel caused by plantar fasciitis takes time to heal. With proper treatment, the pain will lessen gradually, but it will take time for this pain to soothe completely. Sometimes, it might even takes months or years.

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