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Plantar fasciitis is a common heel pain problem that may affect people of any age group. It is a swelling of the tough, fibrous band of tissue (plantar fascia) that runs beginning from the heel bone to the base of the toes. Plantar fascia is usually elastic in nature and it stretches and contracts with movement. Additionally, a significant amount of shock and strain from heavily physical activities such as running and jumping or long tiring hours of standing and walking are usually routinely absorbed by the plantar fascia. The overkill of such activities can lead to the development of tear in the fascia, causing soreness and inflammation.

Let us explore the possible causes of plantar fasciitis. The structure of the feet or the abnormalities in the biomechanics of the feet usually leads to plantar fasciitis. Having flat feet or a high arch, or walking in a way that does not allow the weight to ideally switch between the two feet puts lots of strain on the plantar fascia, causing it to stretch considerably and develop a tear in the development.

The second important reason for the happening of plantar fasciitis is the use of shoes that fit badly or shoes with poor cushioning and support at the heel, arch and the ball of the foot. Improper shoes can lead to uneven distribution of body weight on the feet while walking or exercising. Consequently, undue pressure is exerted on the plantar fascia leading to plantar fasciitis. As a person gets older, the plantar fascia becomes less and less elastic and the tissue does not stretch as much as it should. The gradual contraction of the fat pad exposes the heel to further shock while walking or standing. This damages the plantar fascia considerably resulting in swelling and acute pain.

Regular running on hard, uneven surfaces such as concrete or stone or running on the balls of the feet with unusual rigidity in the feet are some of the other reasons for this painful heels issue. Hereditary history of plantar fasciitis or substantial weight gain in a short period of time can tends to aggravate the problem of sore heels and plantar fasciitis.

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