Plantar Fasciitis is inflammation of the connective tissue along the bottom of the foot and is typically the most common cause of heel pain. The plantar fascia is a flat band of tissue that connects the heel to the toes and helps to support the arch of the foot.

Signs and Symptoms
- Tenderness at Plantar Fascia attachment on the heel bone
- Stiffness and pain in the morning or after resting that gets better after a few steps but gets worse as the day progresses.
- Pain that gets worse when you climb stairs or stand on your toes
- Pain after you stand for long periods.
- Pain at the beginning of exercise that gets better or goes away as exercise continues but returns when exercise is completed.

Potential Causes
- Overpronation of the foot (foot rolls inward causing the arch to flatten out)
- Athletes with high arches or low arches are at a higher risk
- Decreased calf flexibility
- Repetitive activities on hard or irregular surfaces

Treatment
- Active Rest
- Ice/Ice Massage (example: roll foot on frozen water bottle)
- Arch Support/Arch Taping
- Stretching (see examples)
- Night Splints
- Active Release Therapy

Prevention
- Maintain healthy body weight
- Gradual increases in training (no more than 10% per week)
- Proper shoe fit/Orthotics

It is always recommended to follow up with a medical professional for proper diagnosis. All treatments should be guided by a medical professional.