

What is Plantar Fasciitis?

Plantar fasciitis is a foot condition characterized by inflammation of the plantar fascia, the band of tissue connecting the toes to the heels. It often starts as mild heel pain that is ignored until it becomes severe. The condition develops gradually and can be caused by standing on hard surfaces for prolonged periods, wearing ill-fitting shoes, and overusing the feet during running and jumping activities. Symptoms include heel pain that is worse in the morning and improves after walking a few steps. To prevent the condition, it is important to warm up properly before exercising, maintain a healthy weight, and wear properly fitting shoes. If you experience heel pain, it is recommended to consult a podiatrist for diagnosis and treatment.

Plantar fasciitis is a prevalent foot issue that is frequently caused by a strain injury. If you are going through heel pain or symptoms associated with plantar fasciitis, we recommend reaching out to Dr. Cohen and Dr. Garcha at Cohen & Garcha Podiatry. Our physicians will provide the necessary treatment to alleviate your pain and help you maintain mobility.

What does Plantar Fasciitis feel like?

Plantar fasciitis can manifest differently in individuals, and can occur suddenly or gradually, but the pain is often described as follows:

- A dull to sharp, stabbing pain in the heel
- Aching or burning sensation that extends throughout the bottom of the foot
- Stiffness and pain, especially when taking the first steps in the morning or after sitting or lying down
- Pain that may become worse throughout the day, especially after standing or walking for long periods.

If you are experiencing a stabbing pain above your heel or at the back of your ankle, it is likely that it is an injury or Achilles tendonitis.

What causes Plantar Fasciitis?

There are several risk factors that may increase the likelihood of developing plantar fasciitis.

These include:

- Overuse from excessive running
- Having high arches in the feet
- Pregnancy, due to weight gain
- Other foot conditions such as flat feet
- Prolonged periods of standing

The condition is most prevalent among adults between the ages of 40 and 60 and is also more common in people who are obese, as the added weight can put extra stress on the plantar fascia.

Treatment & Prevention

There are several ways to manage and treat plantar fasciitis and its associated pain. To prevent the condition, it is important to take good care of your feet by wearing shoes that have good arch support and heel cushioning, and maintaining a healthy weight. If you are a runner, it can be helpful to alternate running with other sports that do not cause heel pain. Treatment options include physical therapy, which is a crucial component in the recovery process. It is recommended to consult with your podiatrist to determine the best course of treatment for you. If you have any questions, you can reach out to us at one of our offices located in the Bronx, Queens, or Rockland County for the latest diagnostic and treatment technologies for all your foot care needs.