

## *H06 Plantar Fasciitis*

February 2007

Intro: There's nothing like foot pain to make you crazy. That's what an expert at Mayo Clinic says he hears from patients who have a condition called plantar fasciitis [fashee-EYE-tis]. It's very common and can make walking across the room a miserable experience. What can you do about it? Let's go to Mayo Clinic to find out.

### **Video**

**Total running time 1:34**

**Sara Green  
Has Plantar Fasciitis**

**Phillip Orte  
Mayo Clinic**

### **Audio**

WHEN SARA GREEN GETS A FLARE-UP OF PLANTAR FASCIITIS, THERE'S NO WAY SHE CAN TAKE A STEP CLASS LIKE THIS ONE.

"WHEN THE SYMPTOMS ARE REALLY OUT THERE, IT FEELS LIKE YOU'RE WALKING ON GLASS.

BROKEN GLASS."

PHIL ORTE [ORT], SARA'S PHYSICAL THERAPIST AT MAYO CLINIC AGREES. YOU SEE, HE'S SUFFERED FROM PLANTAR FASCIITIS TOO.

"IT'S DISABLING. IS IT TENDER TO TOUCH TODAY?"

THE SPOT PHIL'S TOUCHING ON SARA'S HEEL IS THE SOURCE OF

THE PROBLEM. THE PLANTAR FASCIA RUNS FROM THERE TO THE FRONT OF YOUR FOOT. IT ACTS AS A SHOCK ABSORBER AND ARCH SUPPORT. FLAT FEET, INJURY OR OVER USE CAN CAUSE THE FASCIA TO BECOME INFLAMED AND VERY SORE.

**Sara Green**

“IT’S NASTY. WHEN YOU HURT IT STINKS.”

HERE’S WHAT YOU CAN DO ABOUT IT.

**Phillip Orte  
Mayo Clinic**

“STRETCHING. FIRST THING IN THE MORNING.”

**Graphics:**

- **Stretching**
- **Heat**
- **Ice**
- **Strengthen**
- **Shoes**
- **Orthotic**
- **Rest**

STRETCH SEVERAL MORE TIMES DURING THE DAY. ALSO, YOU SHOULD HEAT IT BEFORE WALKING OR EXERCISE, ICE IT AFTERWARDS, DO RESISTANCE EXERCISES TO STENGTHEN THE MUSCLES AROUND IT, WEAR GOOD SHOES WITH GOOD SUPPORT AND GET AN ORTHOTIC FOR EVEN

**Standup**  
**Vivien Williams**  
**Reporting**

MORE ARCH SUPORT. AND IF IT'S  
BAD, STAY OFF YOUR FEET AND  
REST. YOU MAY ALSO WANT TO  
WEAR A FOOT BRACE AT NIGHT TO  
KEEP YOUR FOOT FROM  
DROPPING DOWN. BECAUSE IF IT  
DROPS, THE PLANTAR FASCIA WILL  
TIGHTEN UP AND YOU'LL BE IN  
PAIN WHEN YOU STEP OUT OF BED  
IN THE MORNING. KEEP IN MIND  
THAT RECOVERY TAKES TIME.

**Phillip Orte**  
**Mayo Clinic**

“WITHIN 4 TO 6 WEEKS AFTER  
INITIATING TREATMENT YOU  
SHOULD SAY I'M 50 TO 100%  
BETTER.”  
IF NOT, YOU MAY NEED MORE  
AGGRESSIVE TREATMENT LIKE  
CORTISONE SHOTS OR IN RARE  
CASES SURGERY.  
FOR SARA STRETCHING AND ICING  
EVERY DAY HELPS KEEP HER PAIN  
FREE AND IN STEP. FOR MEDICAL

EDGE, I'M VIVIEN WILLIAMS.

Anchor tag:

Sara's learned that if she over does it with too many step classes or other exercises like running, her plantar fasciitis will flare up. So when the pain starts, she adds more stretching, heat and icing to her daily routine. For more information visit our Website at...

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