

Mayo Clinic Medical Edge
What is Plantar Fasciitis

1:00

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Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	RUNNING ALONG THE BOTTOM OF YOUR FOOT IS A THICK BAND OF TISSUE THAT HELPS SUPPORT YOUR ARCH. IT'S CALLED THE PLANTAR FASCIA.
Karen Newcomer, M.D.	"WHAT HAPPENS WITH PLANTAR FASCIITIS IS THAT BAND OF TISSUE GETS STRETECHED OUT AND SOMETIMES IT GETS INFLAMED OR SOMETIMES THERE'S WEAR AND TEAR OF THE TISSUE."
	THE RESULT, SAYS MAYO CLINIC DR. KAREN NEWCOMER, IS PAIN. YOU SEE, OVERNIGHT, THE PLANTAR FASCIA TIGHTENS UP.

	SO WHEN YOU GET UP OUT OF BED AND WALK...
Dr. Newcomer	“THE FIRST FIVE, TEN MINUTES IN THE MORNING ARE REALLY BAD. AND THEN IT TENDS TO LOOSEN UP. BY THE END OF THE DAY YOU START TO DEVELOP PAIN AGAIN.”
	A PAIN THAT CAN BE VERY DEBILITATING. NOW THE GOOD NEWS IS THAT WITH TIME AND REST, MOST CASES OF PLANTAR FASCIITIS WILL TAKE CARE OF THEMSELVES. SIMPLE STEPS SUCH AS STRETCHING, AND WEARING THE RIGHT FOOTWEAR CAN ALSO MAKE A HUGE DIFFERENCE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.

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