

Medical Edge Mayo Clinic

Plantar Fasciitis

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.</p>
<p>(Plan-Tar Fasc-E-itis)</p>	<p>YOU OFTEN ONLY HEAR ABOUT IT WHEN A FAMOUS ATHLETE IS AILING. BUT PLANTAR FASCIITIS IS ONE OF THE MOST COMMON FOOT COMPLAINTS THAT DOCTORS HEAR.</p>
<p>Steven Kavros, D.P.M. Track 1 (1:30)</p>	<p>“PATIENTS STATE, ‘I GET UP FIRST THING IN THE MORNING. I TAKE MY FIRST FEW STEPS AND I HURT. I HAVE TO HOBBLE.’”</p>
	<p>MAYO CLINIC FOOT SPECIALIST DR. STEVEN KAVROS SAYS THE PLANTAR FASCIA IS BASICALLY AN</p>

	<p>EXTENSION OF YOUR ACHILLES TENDON THAT RUNS ALONG THE BOTTOM OF YOUR FOOT. IT HURTS WHEN IT CONTRACTS, OR TIGHTENS UP.</p>
<p>Dr. Kavros Track 1 (1:20)</p>	<p>“IT’S A COMMON OVERUSE SYNDROME.”</p>
	<p>SO IT’S MOST OFTEN SEEN IN YOUNG ATHLETES WHO ARE TRAINING HARD. BUT CARRYING AROUND A LITTLE EXTRA WEIGHT OR WEARING HIGH-HEELED SHOES CAN ALSO CONTRIBUTE TO THE CONDITION. SIMPLE STRETCHING OF THE FOOT AND THE ACHILLES TENDON IS THE BEST WAY TO PREVENT AND TO TREAT MOST CASES OF PLANTAR FASCIITIS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>