

Painful foot pain

Ouch! That heel pain you feel when you first get up in the morning has a name.



Plantar fasciitis is an inflammation of the fibrous band of tissue that connects your heel bone to the base of your toes along the bottom of your foot. The condition usually starts with pain the morning after a day of increased physical activity. You may not remember a specific injury.

Ice the sore area for 20 minutes two times a day, after dinner and before bedtime, to relieve symptoms. Ask your doctor about taking nonsteroidal anti-inflammatory pain relievers. Rest as much as possible for at least a week.

Stretching the plantar fascia with exercise is the best treatment after the initial inflammation has gone down. Wearing a boot cast for 3 to 6 weeks, or night splints while sleeping to stretch the foot can be helpful. Wearing custom-made shoe inserts (orthotics) may also help.

For longer-term problems and pain that won't go away, some injections are available. Surgery may be a final solution.



Inflammation of the plantar fascia