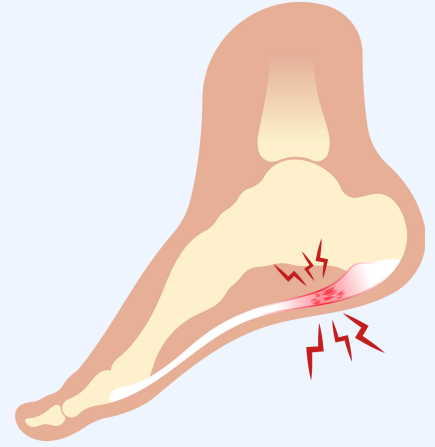
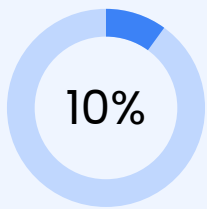


# PLANTAR FASCIITIS: AN EVIDENCE-BASED APPROACH

Plantar fasciitis is a common condition that causes pain on the undersurface of the heel. This pain is often most intense with the first steps in the morning or after long periods of rest. The condition results from overloading the plantar fascia, a thick band of tissue that runs along the bottom of the foot, connecting the heel bone to the toes and supporting the arch.



## IMPACTS



About 10% of people will experience plantar fasciitis at some point in their lives, making it the leading cause of heel pain in adults. It is responsible for 11–15% of foot symptoms that require professional care and accounts for approximately 10% of running-related injuries.

## CORE TREATMENTS

**Joint Manipulation** to gently restore motion to any “restricted” joints in your feet.

**Myofascial Release** to release muscle tightness and soft-tissue adhesions.

**Orthotics or Taping** to provide support, correct foot alignment, and reduce pain.

**Plantar Fascia Stretching** to increase flexibility, reduce strain, & improve range of motion.

## FOOTWEAR

Proper footwear is essential for managing plantar fasciitis. Shoes with good arch support, cushioning, and shock absorption help maintain foot alignment and support overall foot function. Choosing well-fitted footwear designed specifically for plantar fasciitis can significantly improve daily comfort and contribute to long-term recovery.



## CHOOSE SHOES THAT PROVIDE:



Adequate cushioning



Shock absorption



Small rear to forefoot drop