

# PLANTAR FASCIITIS

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## CHIEF COMPLAINT

Sharp pain in the plantar aspect of the heel, worst during the first steps in the morning and after prolonged sitting. [1]



## INTRODUCTION

A 42-year-old female school teacher presented with progressive heel pain in the right foot for 3 months.

## WHY DID SHE DEVELOP IT?

- ⌚ Prolonged standing (occupation-related) [2]
- 👣 Possible improper footwear [2]
- ⚙️ Increased mechanical stress on the heel [2]



## FINDINGS

- ✓ Tenderness at the underside of the heel (medial calcaneal area) [3]
- ✓ Pain triggered on stretching the plantar fascia [3]
- ✓ Mild difficulty walking initially (antalgic gait) [3]



## TREATMENT

- ✓ Advised rest and reduced standing time [5]
- ✓ Given stretching exercises for plantar fascia and Achilles tendon [5]
- ✓ Recommended soft, supportive footwear with heel cushioning [5]
- ✓ Prescribed short-term NSAIDs for pain relief [5]
- ✓ Ice application for local inflammation [5]



## PATHOPHYSIOLOGY

- 💡 Collagen degeneration occurs [4]
- 👤 Inflammation becomes chronic [4]
- ☀️ Fascia loses elasticity → pain with first steps [4]



1

2

4

3

5

6

Strain points during walking

## ADVANCED MANAGEMENT

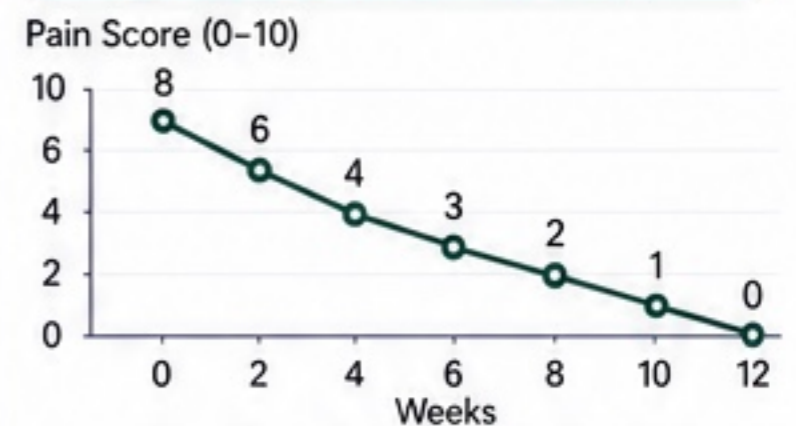
- 💉 Corticosteroid injections (short term relief) [6]
- 👢 Night splints (maintain fascia stretch) [6]
- 🧘 Physiotherapy (manual therapy + strengthening) [6]
- ⚡ Shockwave therapy [6]
- 🔪 Surgery (last choice) [6]

## PREVENTIVE STRATEGY

- 👣 Wear arch-supportive footwear [7]
- ⌚ Daily stretching routine [7]
- ⚡ Avoid prolonged standing without breaks [7]
- 👤 Maintain healthy body weight [7]



## RECOVERY OUTCOMES (PAIN SCORE OVER TIME)



Consistent treatment and lifestyle modifications lead to significant pain reduction and improved function.

## KEY TAKEAWAY

Early recognition, proper footwear, stretching, and activity modification are key to managing and preventing plantar fasciitis.

Plantar fasciitis is common but manageable with the right approach.

## REFERENCES

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