

## **Plantar fasciitis**

Plantar fasciitis is one of the most common causes of heel pain. It involves the inflammation of fascia or the thick band which connect your heel bone to your toes. Plantar fasciitis is more common in runners, people who stand on their feet for a long period of time due to their occupation or people who are overweight.

## **Symptoms**

Plantar fasciitis typically causes a stabbing or throbbing pain in the bottom of your foot near the heel and in the inner side of your foot. The pain is usually the worst with the first few steps in the morning, it can also be triggered by long periods of standing or rising from sitting. The pain is usually worse after walking and exercise.

## **Diagnosis**

The diagnosis is based on medical history and physical examination. MRI of your foot is also helpful to confirm the diagnosis or to rule out other causes of foot pain.

## **Treatment**

Most people who have plantar fasciitis recover with conservative treatments, including resting, icing the painful area and physical therapy. Over the counter medications such as ibuprofen can ease the pain and inflammation. Stretching and strengthening exercises or using night splints or orthotics might also be effective relief pain.

When conservative therapies aren't effective Platelet Rich Plasma Injection (PRP) is highly effective to treat inflammation, relieve pain and improve function.