

Plantar Fasciitis

What is Plantar fasciitis?

Plantar fasciitis means inflammation of the plantar fascia. The plantar fascia is a strong band of tissue (similar to a ligament) that stretches from the heel to the middle bones of the foot. It supports the arch of the foot. Small injuries to the plantar fascia can cause inflammation and symptoms. The injury is usually near to where it attaches to the heel bone.



If your foot flattens too much:
The plantar fascia may overstretch and become inflamed.



If your foot doesn't flatten:
The plantar fascia may be pulled too tight, eventually causing pain.