

90 SECOND OR LESS FOOT FACT

Not All Heel Pain is Plantar Fasciitis

Many people know that persistent pain in the heel upon stepping out of bed is usually Plantar Fasciitis because of how common of a condition it is. What you might not know is how many people unnecessarily suffer from it so much longer than needed. In our experience, it takes most people 3-6 months before finally consulting with a doctor for pain in the heel.

Also, not all pain in the heel is Plantar Fasciitis. Even if the classic sign of morning pain is present, it may not be this condition. The 4 other most common reasons for pain in the heel are a bone injury, a nerve impingement, a tear of the plantar fascia and degeneration of the plantar fascia.

Bone Marrow Edema

The longer a person has pain in the heel the greater the risk of this occurring. An MRI is needed to make the diagnosis. We'll suspect something more than Plantar Fasciitis when a person doesn't respond to conventional, conservative treatments such as icing, stretching or even steroid injections.

Nerve Impingement

Tarsal Tunnel Syndrome or impingement of a nerve on the side or under the heel can occur independent of, or with Plantar Fasciitis. Sometimes the nerve symptoms are masked by the ligament pain. Non-weightbearing pain or a burning sensation are common when a nerve is pinched.

Plantar Fascia Tear

This is more common than the other two above. Long-standing heel pain can lead to a tear. Again, the symptoms mimic Plantar Fasciitis, but the person usually doesn't respond to standard, conservative treatment methods. An MRI will be ordered to rule out a tear.

Plantar Fasciosis

Fasciosis refers to degeneration of the plantar fascia or the formation of scar-like tissue. This often occurs when a person waits too long to get plantar fasciitis

resolved. The pain level of this condition is often greater. Regenerative treatment and sometimes even surgery are needed when Fasciosis occurs.