FOOT & ANKLE CENTER · PATIENT INFORMATION

Plantar Fasciitis — Heel Pain: Symptoms & Treatment

An overview of what plantar fasciitis is, how we evaluate it, and the step-by-step treatment plan we follow.

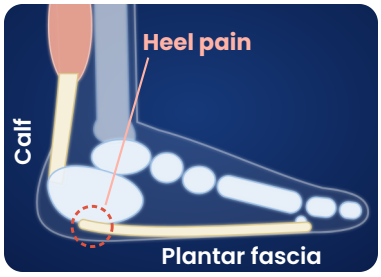


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Board-Certified Orthopaedic Surgeon
Fellowship-Trained in Foot & Ankle

1 What is plantar fasciitis?

The **plantar fascia** is a thick band of tissue along the bottom of your foot, running from the heel bone toward the toes and supporting your arch.

Plantar fasciitis causes **heel pain on the bottom, inner side of the heel** (the plantar medial heel). It has several causes, but is **frequently due to increased strain on the plantar fascia from a tight calf**.



Inner side of the foot

2 Your first visit

- ✓ Patients typically **start initial treatment at their first appointment**.
- ✓ **X-rays** are taken to rule out other problems that can mimic plantar fasciitis, such as **Achilles tendinitis** or a **stress fracture of the calcaneus** (heel bone).



Calf stretch
knee straight



Soleus stretch
knee bent

Step 1 stretches
Back knee straight for the calf; back knee bent to feel it lower in the calf. **Do the stretches 5 times daily.**

3 Your treatment plan, step by step

1 Initial care
Starts at your first visit
Calf stretching exercises, physical therapy, night splinting, and topical anti-inflammatory medications.

2 Injection
If symptoms persist
A selective steroid injection into the plantar fascia.

3 MRI & options
If that fails
An MRI is frequently done to confirm the diagnosis. Options then include PRP (platelet-rich plasma) injection, shockwave therapy, or surgery.

4 Surgery
After more than 6 months
Only for symptoms lasting more than 6 months and failure of non-operative treatment.

PRP and shockwave are **generally not covered by insurance**. Atlantic Orthopaedic Specialists performs both. Pricing changes; we'll provide it on request.

4 If surgery is needed

Follow-up visits: 2 weeks · 6 weeks · 3 months · 6 months

During surgery, **a portion of the plantar fascia is released** and a **tarsal tunnel release** is performed. Surgical results are **good to excellent, with about 90% excellent results**.

Day 0	3–5 d	2 wk	6 wk	3 mo	6 mo
Surgery	**First 3–5 days**	**Week 2**	**Week 6**	**3 months**	**6 months**
Plantar fascia and tarsal tunnel release	Non-weight-bearing (no weight on the foot)	First post-op visit. Afterward, you may shower and get the leg wet	Follow-up visit. Back to regular shoes	Follow-up visit	Follow-up visit

5 · Risks of surgery
Possible risks include **continued heel pain, infection, numbness, and DVT (blood clots)**, among others. Dr. Moore will review your risks with you.

6 · Concerns after surgery
Come directly to our walk-in clinic at our Glenn Mitchell Dr office, **Monday–Friday, 9 am–5 pm**. After hours, call **757-321-3300** for non-life-threatening concerns. **Call 911 for chest pain or trouble breathing.**

ATLANTIC ORTHOPAEDIC SPECIALISTS

Questions about your treatment plan?
Please call our office.

To make an appointment: **757-321-3360**
Please ask for Dr. Moore.
Surgical scheduling after your appointment: **757-321-3307**
1975 Glenn Mitchell Dr, Suite 200, Virginia Beach, VA 23456
atlanticortho.com

This handout is general education, not medical advice or a guarantee of results; results vary from person to person. Illustrations are simplified drawings.