



# PLANTAR FASCIITIS

Suffering from persistent plantar heel pain?

This common foot condition causes plantar heel pain, often from repeated strain on the plantar fascia. Heel pain is usually worst with your first steps in the morning or after rest, intensifying by day's end or after standing long.

## COMMON CAUSES



Flat feet or high arches



Poor fitting shoes



High impact or injury



Excessive weight gain



Exercise with tight calf muscles or heels




Overstretching the sole



Wearing shoes with poor cushioning and support



TO MAKE AN APPOINTMENT,  
PLEASE CONTACT US AT

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