

Soundbite Script – Living with plantar fasciitis

Brittni Zick, physical therapist, OSF HealthCare

"Plantar fasciitis is when the plantar fascia in the bottom of the foot gets stressed, and it's typically due to a lack of mobility in the foot." (:11)

Brittni Zick, physical therapist, OSF HealthCare

"Common symptoms are heel pain with the first steps in the morning or after a period of inactivity or if you stand or walk on your feet a lot." (:13)

Brittni Zick, physical therapist, OSF HealthCare

"Shoes are really important for preventing and managing plantar fasciitis. You want a shoe that gives good arch support and allows your toes to extend." (:13)

Brittni Zick, physical therapist, OSF HealthCare

"It really depends on how diligent you are when it comes to all the remedies for it, and the type of work you do. If you're on your feet a lot and you're not wearing supportive shoes, and not doing stretches, you're going to be battling it for a lot longer." (:16)