

Script – Broadcast - A real pain in the foot

INTRO

Summer is in full swing, which means it's time to slip on those flip-flops and other comfortable shoes. But this seasonal wear can cause injuries and foot pain during this time of year, including plantar fasciitis.

Plantar fasciitis (fashee-EYE-tiss) is one of the most common causes of pain on the bottom of the heel, according to the American Academy of Orthopaedic Surgeons. It occurs when the plantar fascia, a strong band of tissue that supports the arch of your foot, becomes irritated.

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Plantar fasciitis is common, affecting one in 10 people at some point in their life. About two million people seek treatment for the pain and discomfort.

Plantar fasciitis is common among athletes, but it can happen to anyone.

But it can happen to anyone. Ashley Gunlock, a physical therapist with OSF HealthCare, treats many factory workers, for example, who stand or walk for several hours at a time.

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Ashley Gunlock, Physical Therapist, OSF HealthCare

“Plantar fasciitis is the inflammation from the bottom of your foot. If you're having sharp pain, especially in the morning, when you're not weight bearing and when you go to stand up for the first time and you have a sharp pain, that's a good indication that you probably have plantar fasciitis.” (:15)

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If you're experiencing foot pain, don't walk barefoot. Examine your shoes for signs of wear and tear and make sure your sandals or flip-flops have arch support. Gunlock says the reason shoes are helpful for people is because they unload the compression to the heel. Shoes with thick soles and extra cushioning can reduce pain with standing and walking.

Things you can try at home to relieve the pain include massaging the bottom of your foot, rolling your foot over a cold-water bottle or stretching the foot. If none of that provides any relief, it's probably time to seek a referral to a physical therapist. Surgery might also be necessary for some people if other factors are at play such as bone spurs.