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How to Heal Plantar Fasciitis

Part II

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This article is the second part of a series that explains how to heal plantar fasciitis. (PLAN-tur fas-e-I-tis). This condition is one of the most common forms of heel pain that we see in our clinics. Most people (90 percent) who have plantar fasciitis can completely recover within a year if they follow conservative treatment measures. When patients do not get relief from conservative treatments, alternative treatment measures, or a combination of them, are used to kick-start the healing process and to relieve symptoms — they are the second line of defense to avoid surgery.

Alternate treatment measures

When conservative measures are not successful at eliminating symptoms, alternate treatment measures may be considered:

- Plantar fascia injection of a corticosteroid is injected directly into the damaged portion of the ligament for temporary relief. Cortisone injections are usually administered into the heel or the arch of the foot. Usually, the number of injections is kept to a minimum to avoid further damage to the fat pad covering the heel bone and to keep the plantar fascia from rupturing or weakening. Cortisone is considered to be degenerative and provides temporary relief.