



## PLANTAR FASCIITIS

Plantar fasciitis is the chronic overuse condition characterized by structural changes of the planter fascia and sometimes inflammation of surrounding tissues. It is one of the most common causes of foot pain and can affect people of almost any age.

### SYMPTOMS

- Heel pain first thing in the morning
- Pain eases initially with activity but becomes aggravated with prolonged weight-bearing

### CAUSES

**Activities:** Prolong standing, carrying heavy loads, walking or running on hills.

**Muscular Factors:** Tight calf muscles or Achilles tendon will increase the strain on the plantar fascia.

**Footwear:** Ill fitting or worn out shoes can increase the strain on the plantar fascia. In particular, shoes with soft, flexible forefoot.

**Individual:** Weight gain and increasing age also place people at a greater risk.

### TREATMENTS

Early treatment is essential. Combine a comprehensive program that includes tissue-specific rehab with products to reduce plantar fascia stress



Stretching & Massage



Proper Footwear



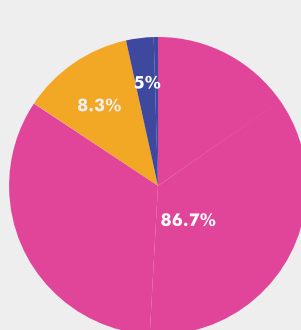
Insoles or Custom Orthotics

### OUR RESEARCH AND DATA

#### GLOBAL RATE OF CHANGE

Not including adjustments

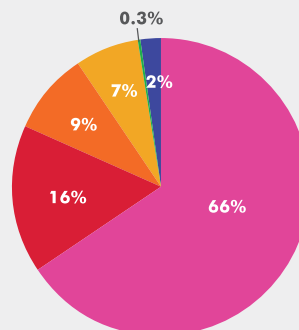
- Improved
- No Change
- Worse



#### ORTHOTICS USAGE

Frequency of usage

- Greater than 6 hours per day
- 4-6 hours per day
- 1-3 hours per day
- Couple times per week
- Couple times per month
- Never wear the orthotics



Total % patients rating improvement is 86.70% | Average comfort rating is 8.25 (10 = extremely comfortable)

% Change from assessment is 45.44% (Minimum clinically important difference (MCID) 15%)