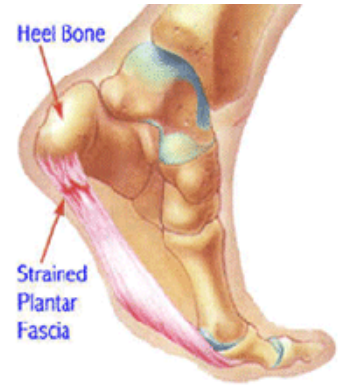


Plantar Fasciitis

The plantar fascia is the tissue that connects your heel to your toes. It has an important role in supporting the medial arch, or inside portion of the foot, especially during walking. It also provides shock absorption, approximately taking on two times the body's weight during normal walking. Plantar fasciitis is an inflammation of this fascia. Some common causes of plantar fasciitis are biomechanical: low arches (pes planus) or high arches (pes cavus), occupational: prolonged standing and walking, and obesity.



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