UNDERSTANDING YOUR FOOT

Plantar Fasciitis

Heel pain from an overloaded tissue, and how we help

NEW MARKET CHIROPRACTIC + REHABILITATION

That sharp heel pain with your first steps in the morning is a common complaint, and a treatable one. You likely know it as "plantar fasciitis," but **heel pain like this usually settles with the right care, though it does take some patience.**

What it is

The plantar fascia is a strong band of tissue that runs along the sole of your foot, from the heel to the base of the toes, supporting your arch. When it's asked to do **more than it's currently prepared for**, a jump in activity, time on your feet, or new footwear, it can get irritated where it attaches at the heel.

Why the name is changing

The "-itis" in "fasciitis" means inflammation, but we now know that isn't the main problem, the tissue is mostly **overloaded and remodeling**, not inflamed. That's why you may hear the newer, more accurate name **plantar fasciopathy**. The upshot is encouraging: it points toward loading and rebuilding the tissue, not just calming inflammation.



The plantar fascia runs from the heel bone to the base of the toes.

THE TELLTALE PATTERN

It has a recognizable signature: **sharp heel pain with the first steps in the morning or after rest, that eases as you warm up and move.** It can return later in the day after long periods on your feet. That "worst at first, better with movement" pattern is a helpful clue.

WHAT TO EXPECT

The large majority of people recover fully, but this tissue heals slowly. It often takes a few months of steady, patient work, that's normal, not a sign anything is wrong. Gradual loading and good support, rather than simply resting it, is what builds the tissue back up.

How we help

- **Calf & foot stretching** to ease tension on the fascia
- **Hands-on care** to improve comfort and mobility
- **Progressive loading** to rebuild the tissue's capacity
- **Footwear & load guidance** for the activities that flare it

When heel pain needs a closer look

Most heel pain is not serious, but let us know or seek care for pain after a **significant injury**, **numbness, tingling, or burning** in the foot, **night pain or pain at rest**, or signs of infection like **fever, redness, swelling, or warmth**.

New Market Chiropractic + Rehabilitation

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