

Plantar Fasciitis

Plantar fasciitis (PF) is the **most common** cause of heel pain presenting to the outpatient clinic.¹

It is estimated that

1 IN 10

people will develop PF during their lifetime²

Some reports suggest that of

81-86%

patients with PF have excessive pronation.³

Obesity is present in up to

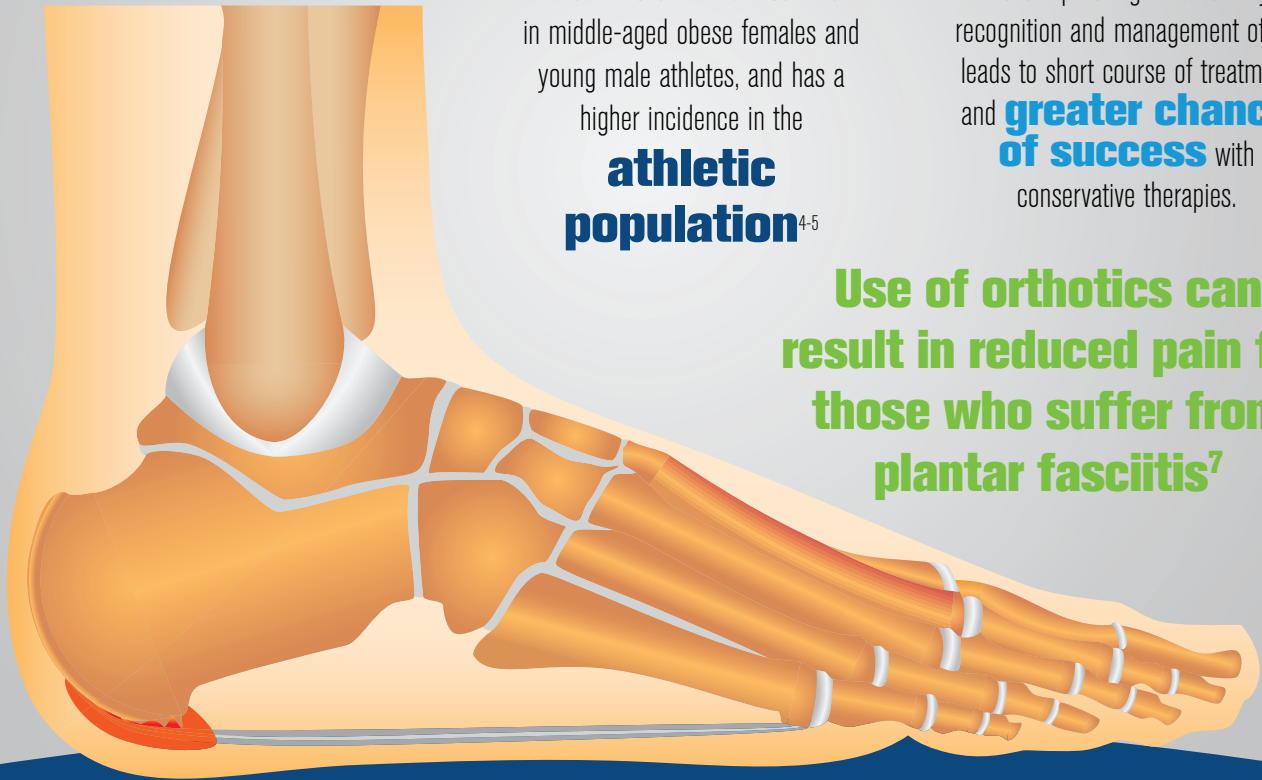
70%

of patients with PF.⁶

Plantar fasciitis is more common in middle-aged obese females and young male athletes, and has a higher incidence in the **athletic population**⁴⁻⁵

Most experts agree that early recognition and management of PF leads to short course of treatment and **greater chance of success** with conservative therapies.

Use of orthotics can result in reduced pain for those who suffer from plantar fasciitis⁷



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4. Hossain M, Makawana N. "Not Plantar Fasciitis": The differential diagnosis and management of heel pain syndrome. *Orthopaedics and Trauma.* 2011;25(3):198-206.
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