

# Plantar Fasciitis

Plantar fasciitis (PF) is the **most common**

cause of heel pain presenting to the outpatient clinic.<sup>1</sup>

It is estimated that

**1 IN 10**

people will develop PF during their lifetime<sup>2</sup>

Some reports suggest that of

**81-86%**

patients with PF have excessive pronation.<sup>3</sup>

Obesity is present in up to

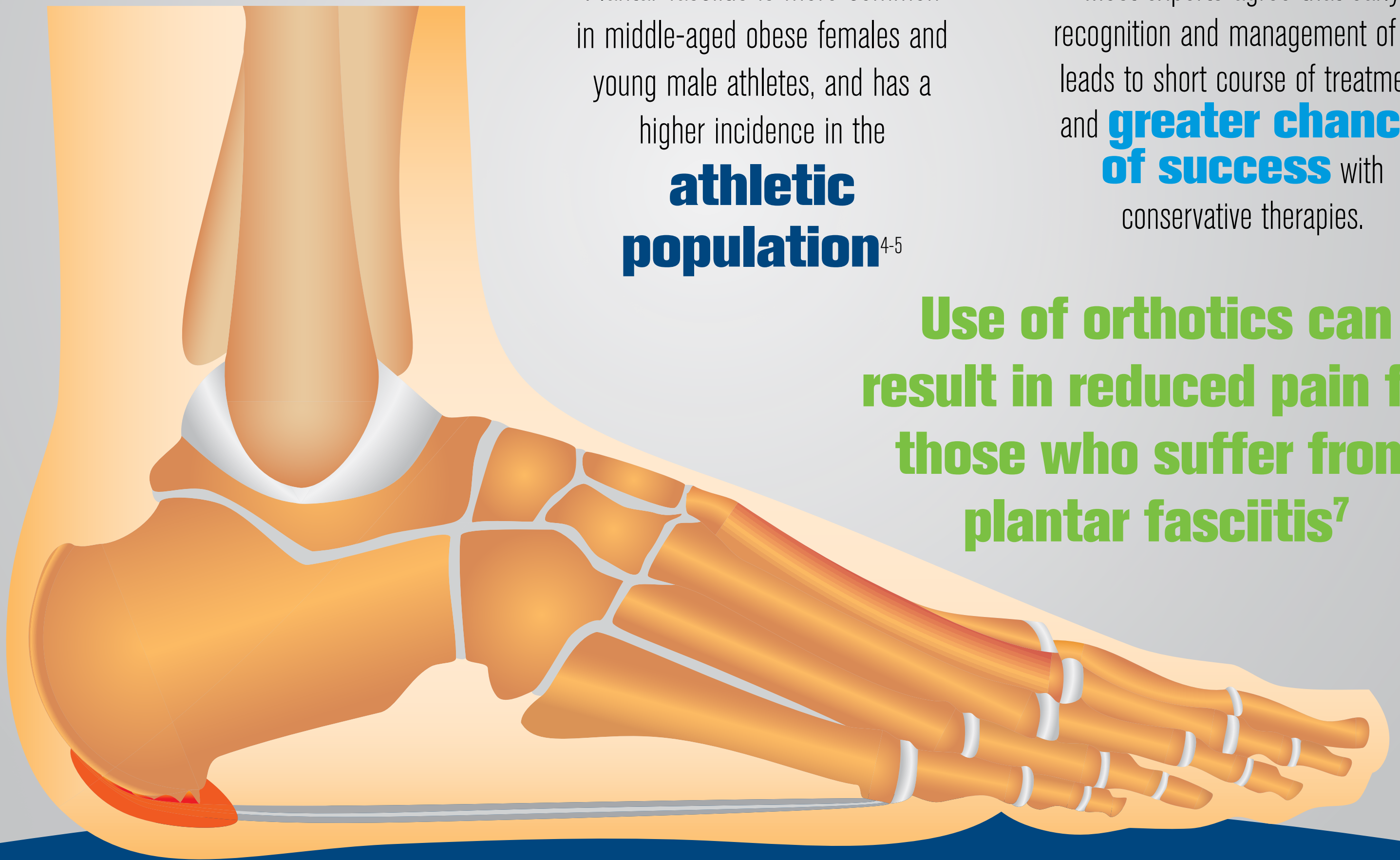
**70%**

of patients with PF.<sup>6</sup>

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

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 fasciitis<sup>7</sup>**



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