

True and False Heel Pain Quiz

1. People with plantar fasciitis (heel pain) can experience it first thing in the morning.

(True) Plantar fasciitis (heel pain) can result from the inflammation of the tissue under the heel, which can become more painful after resting. The pain usually diminishes after a short period of walking and may reoccur after excessive walking.

2. Plantar fasciitis (heel pain) is directly related to body weight.

(False) Heel pain can be aggravated by weight, but the cause is a mechanical relationship of the foot structure and walking. The long band of connective tissue running from the heel to the ball of the foot becomes inflamed which causes the bottom of the heel and the arch to become painful.

3. Pregnancy will cause plantar fasciitis (heel pain).

(False) There is no evidence that pregnancy causes heel pain, but it can be an aggravating factor. The excessive weight gain and swelling, which causes ligaments in the body (including the feet) to relax, could lead to ingrown nails and mechanical problems such as tendinitis, bunions, and other inflammatory conditions.

4. Over-the-counter medications and heel pads can relieve plantar fasciitis (heel pain).

(True) Anti-inflammatory medications can reduce the pain caused by inflammation, and over-the-counter arch supports can support the plantar fascial ligament. If these items are not effective, a podiatrist should be consulted.

5. Shoes cause plantar fasciitis (heel pain).

(True) Shoes that fail to give adequate support to the foot can increase strain on the plantar fascial ligament, resulting in injury and pain. To ensure buying properly fitted shoes, have both feet measured while you are standing; shop for shoes in the afternoon or evening because feet tend to swell during the day; try on shoes while you're wearing the same type of socks or stockings you expect to wear with the shoes; and don't buy shoes that need a break-in period. Shoes should be comfortable immediately.

6. If you have plantar fasciitis (heel pain) for more than a month, you should see a podiatrist.

(True) Foot pain is not normal. If after changing shoes, reducing activity, taking anti-inflammatory medications, and trying over-the-counter arch supports the heel pain has not improved, consult a podiatrist.



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