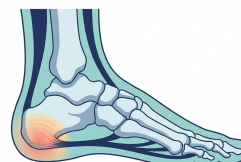


PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

Heel Pain / Plantar Fasciitis

Plantar fasciitis is the most common cause of heel pain. It is an inflammation of the plantar fascia — the band of tissue that runs along the bottom of the foot from the heel to the toes. Pain is often sharpest with the first steps in the morning or after sitting, and may ease with activity before returning later in the day. Contributing factors include foot structure (flat feet or high arches), tight calf muscles, time spent standing, unsupportive footwear, and weight. Most patients improve with conservative care; procedures are reserved for chronic cases.



For educational illustration only.

At a Glance

Focus area	Common Foot & Ankle Conditions
Goal of care	Plantar fasciitis is the most common cause of heel pain.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with pain under the heel or arch, especially with first steps in the morning
- Patients whose heel pain returns after standing, walking, or exercise
- Those who have tried rest or new shoes without lasting relief

When to Seek Care

- Heel pain lasting more than a couple of weeks
- Sharp first-step pain in the morning or after rest
- Pain that limits work, exercise, or daily activity
- Heel pain with numbness, tingling, or swelling

How We Evaluate

- Examination of the heel, arch, and calf flexibility
- Review of footwear, activity, and symptom pattern
- X-rays or additional imaging when needed to rule out other causes such as stress fracture or heel spurs

Treatment Options

- Stretching program for the plantar fascia and calf
- Supportive footwear, over-the-counter or custom orthotics
- Icing, anti-inflammatory measures, and activity modification
- Night splints, injections, or physical therapy when appropriate

What to Expect

1

A personalized plan based on your exam — most patients improve without surgery

2

Guidance on stretching, footwear, and activity

3

Step-up options if pain persists, reviewed with your physician

Common Questions

Why does my heel hurt most with the first steps in the morning?

Overnight, the plantar fascia tightens. When you stand, it stretches suddenly, causing the classic sharp first-step pain. Gentle stretching before getting out of bed often helps.

Will heel pain go away on its own?

Mild cases sometimes improve, but persistent heel pain usually responds much faster with a structured plan — stretching, support, and addressing the underlying cause. Long-standing plantar fasciitis is harder to treat, so earlier care is better.

Sources & Further Reading

- American College of Foot & Ankle Surgeons — FootHealthFacts.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- American Podiatric Medical Association — apma.org

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.