

DEFINITION

1. **Plantar fasciitis**, which is believed to be inflammatory, affects the soft tissues at the site of attachment of the plantar aponeurosis to the inferior aspect of the tuberosity of the calcaneus.

CLINICAL MANIFESTATIONS

2. The complaint is of pain beneath the heel on standing or walking; the pain extends medially and into the sole. The disability is sometimes severe. On examination there is marked tenderness over the site of attachment of the plantar fascia to the calcaneus. Radiographs do not usually show any abnormality. A sharp spur projecting forwards from the tuberosity of the calcaneus is sometimes found, but its significance is doubtful because such spurs may be present in patients without heel symptoms.

AETIOLOGY

3. Plantar fasciitis may be part of a widespread inflammatory condition such as Reiter's disease. The aetiology in such cases is that of the underlying condition.
4. Otherwise, the condition appears to arise spontaneously. In such cases the aetiology is uncertain.

CONCLUSION

5. **Plantar fasciitis** is an inflammation of the plantar aponeurosis. The condition may be secondary to some other condition or it may arise spontaneously. In the latter case, the aetiology is unknown.

REFERENCES

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December 1992