



## Commentary

Plantar fasciitis is the result of collagen degeneration of the plantar fascia root, calcaneal tuberosity of the heel and surrounding perifascial structures. With the exception of a diagnosis containing the "itis" component, this condition is characterized by the absence of inflammatory cells. There are many different sources of pain in the plantar heel other than the plantar fascia so the term "Plantar Heel Pain" works best to include a broader perspective when discussing related pathology. Over time, the pain of plantar fasciitis may gradually increase. The pain can be either dull or severe. Some people feel a burning sensation in the lower extremities of the foot that extends from the heel. The pain is usually most intense in the morning when you take your first steps in bed, or when you are sitting or lying down for a while. Climbing stairs can be very difficult because of the stiffness of the heel. After prolonged work, the pain may increase due to increased irritability or inflammation. People with plantar fasciitis do not usually experience pain during exercise, but rather after quitting. This consists of white connective tissue arranged in length from the periosteum of the central calcaneal tubercle, where it is thin but extends to the thick central part. The thick middle part of the plantar fascia then extends to five groups around the flexible tendons as it passes through all 5 metatarsal heads. Plantar fasciitis pain may be localized and may involve a large medial band. It interacts with the Achilles tendon paratenon, inner foot muscles, skin, and subcutaneous tissue. This is, an example in the cause, allitveostran cauen s m...