

Top 3 Signs You Have Plantar Fasciitis (and Top 3 Signs You Don't)

1. Pain in your arch. Most commonly pain the inner arch adjacent to the heel. With an acute (new) case of plantar fasciitis, initially the whole arch may hurt- even the front of the arch.
2. After sleeping overnight in bed, the arch pain usually improves. The arch pain also tends to subside once you take the weight off your foot for a prolonged period (for example when sitting). If you resume weightbearing and walking, the pain returns rapidly and is often sharp, or intense after a few steps.
3. The pain tends to diminish somewhat as the day goes on.

Top 3 Signs Your Foot Pain Is NOT plantar fasciitis.

1. Not tender over the arch but rather the heel itself or back of the heel.
2. Your foot tends to get worse the more you are on it (more likely bursitis, heel spur, arthritis, or a fat pad problem.)
3. Tender over the sides of the heel (calcaneus fracture?). Try the squeeze test to see if tender. If tender see your physician.