



NEW ENGLAND  
ORTHOPEDIC SURGEONS

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## THINGS TO KNOW ABOUT PLANTAR FASCIITIS

1. IT WILL GET BETTER
2. IT LASTS A LONG TIME
3. IT HURTS LIKE CRAZY
4. “GOD MADE FEET BEFORE MAN MADE CONCRETE”; WORKPLACE ENVIRONMENT CAN HAVE AN IMPACT
5. DO NOT WALK BAREFOOT
6. STRETCH THE CALF MUSCLE RELIGIOUSLY
7. LESS THAN 5% GO ON TO DEVELOP PERSISTENT OR DISABLING SYMPTOMS
8. ITS CAUSE IS UNCLEAR, BUT IT IS COMMONLY BELIEVED TO NOT BE THE BONE SPUR!
9. SURGERY IS RARELY NEEDED, AND CAN MAKE YOU WORSE!
10. SOME REPORTS SHOW FEWER THAN 50% OF PATIENTS TOTALLY SATISFIED WITH SURGERY

-Davies et al.: Plantar fasciitis: How successful is Surgical Intervention? Foot Ankle Int.,20:803-807, 1999

11. WHEN IN DOUBT, SEE #1