

My Heel Hurts With My First Steps in the Morning

Understanding Plantar Fasciitis

What Is Causing Heel & Arch Pain?

Plantar fasciitis is irritation or micro-tearing of the plantar fascia — the thick band of tissue running along the bottom of the foot from the heel to the toes. It develops from repetitive strain and is one of the most common causes of heel pain.

What Does It Feel Like?

- Sharp, stabbing heel pain with the first steps in the morning
- Pain that returns after sitting for a while and then standing back up
- A deep ache in the heel or arch after long periods of standing or walking
- Tenderness when pressing directly on the bottom of the heel
- Pain that tends to ease once you're "warmed up", then returns later in the day

What Causes It?

- Tight calf muscles or Achilles tendon, limiting ankle flexibility
- Flat feet or high, rigid arches
- Carrying extra body weight
- A sudden increase in walking, running, or standing activity
- Unsupportive or worn-out footwear

What Makes It Worse?

- Walking barefoot on hard floors
- The first steps after sitting, sleeping, or otherwise being off your feet
- Prolonged standing, especially on concrete or tile
- Worn-out or unsupportive shoes

When Should I Be Concerned?

- Numbness or tingling in the heel or foot (possible nerve involvement)
- Sudden inability to bear weight after an injury (possible tendon or fascia rupture)
- Pain that isn't improving despite weeks of consistent care
- Warmth, redness, or fever accompanying the pain

The Good News

Plantar fasciitis responds very well to physical therapy — targeted stretching and strengthening of the calf and foot, along with manual therapy, addresses the cause rather than just masking the pain. Most patients notice meaningful relief within **6 to 8 weeks** of a consistent home program, though full resolution can take a bit longer in more stubborn cases.

This information is for general educational purposes only and is not a substitute for a professional evaluation. Call us today — we have immediate openings with no waitlist.

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