[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwit1MD-gbPTAhVFJCYKHSlEABEQjRwIBw&url=http%3A%2F%2Fprostretch.com%2F&psig=AFQjCNGY5DRrQRbztKeMhzGRmFu17wtz6w&ust=1492777005339979)

<http://www.medi-dyne.com/estore/prostretch-brand>

**What is Plantar Fasciitis?**

Plantar Fasciitis is the most common cause of heel pain. The [plantar fascia](http://www.webmd.com/a-to-z-guides/plantar-fascia) is the flat band of tissue (ligament) that connects your heel bone to your toes. It supports the arch of your foot. If you strain your plantar fascia, it gets weak, swollen, and irritated (inflamed). Then your heel or the bottom of your foot hurts when you stand or walk.

Most people with plantar fasciitis have pain when they take their first steps after they get out of bed or sit for a long time. You may have less stiffness and pain after you take a few steps. But your foot may hurt more as the day goes on. It may hurt the most when you climb stairs or after you stand for a long time.

**Why is Deep Stretching So Important for Plantar Fasciitis Treatment?**

Maintaining good flexibility throughout the [inter-connective chain of the lower leg](http://prostretch.com/prostretch-plus/) including the ankle, Achilles tendon and calf muscles is the best way to prevent plantar fasciitis but it’s also part of a solid plantar fasciitis treatment plan.

The Gastrocnemius and Soleus (calf muscles) both work to lift the heel. Improper biomechanics often lead to foot, Achilles tendon or even injuries that move “up from the calf” including knee injuries and tight hamstrings. Proper stretching is imperative for plantar fasciitis treatment. Proper stretching and strengthening programs can correct functional risk factors, providing both immediate benefits and long-term healing.