

# Soundbite script – A real pain in the foot

**Ashley Gunlock, Physical Therapist, OSF HealthCare**

“Plantar fasciitis is the inflammation from the bottom of your foot. If you're having sharp pain, especially in the morning, when you're not weight bearing and when you go to stand up for the first time and you have a sharp pain, that's a good indication that you probably have plantar fasciitis.” (:15)

**Ashley Gunlock, Physical Therapist, OSF HealthCare**

“Plantar fasciitis may have several contributors. It can occur when somebody has mechanical inefficiencies, such as prior injury, poor body mechanics, or changes in their lifestyle, or from changes in their footwear. The tissues on the back of their legs and foot are getting excessive stress, so they're going to get inflamed. The other way is a common overuse injury. It can happen often with too much running or walking.” (:30)

**Ashley Gunlock, Physical Therapist, OSF HealthCare**

“That prolonged pressure on your foot can inflame the fascia on the bottom of your foot or if they were off of work – if it's a seasonal job, so if they're off over the wintertime – and then they come back to that job in the beginning of the year we're going to get people coming in with that heel-bottom of the foot pain.” (:20)

**Ashley Gunlock, Physical Therapist, OSF HealthCare**

“The first thing that I do is look at how their feet are on the ground barefoot, look at their foot posture to see the way the inflammation occurs which has a lot to do with the angle of the calcaneus, which is the heel bone. We look at the knees, look at the hips, see how the mechanics look with how you walk, how you move. That gives us a better idea which tissues are the issue. Sometimes the plantar fasciitis is caused by another muscle or overuse of another body part.” (:30)