



# FOOT SENSE

A monthly newsletter from your podiatrist



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## Can Plantar Fasciitis Be Inherited?

Many people experience heel pain or plantar fasciitis at some point in their life. Perhaps this is you and you've wondered, "did I inherit this problem"? The answer is, maybe.

While there is no gene for plantar fasciitis and the condition itself is not inherited, your foot type and other body mechanics can be. And these can put you at risk for getting it.

### What Is Plantar Fasciitis?

Plantar fasciitis is the most common type of heel pain. It develops when enough force is placed on the plantar fascia which runs along the bottom of the foot. Do you experience pain in the heel of your foot when you first get up in the morning? You most likely have this condition.

### Hereditary Factors in Developing Plantar Fasciitis

#### Foot Type

People with flat feet or very low arches are most at risk for this condition. That's because people with flat feet tend to roll their feet in, causing the plantar fascia to overstretch. When this foot structure stretches too much, small tears occur at the bottom of the heel. This results in inflammation and pain. People with high arches are also more prone to developing plantar fasciitis.

#### Equinus

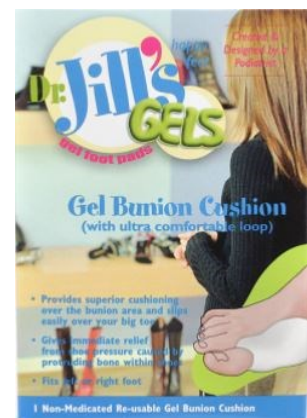
Equinus or tight calf muscles can also be inherited. It is also a common factor in developing plantar fasciitis.

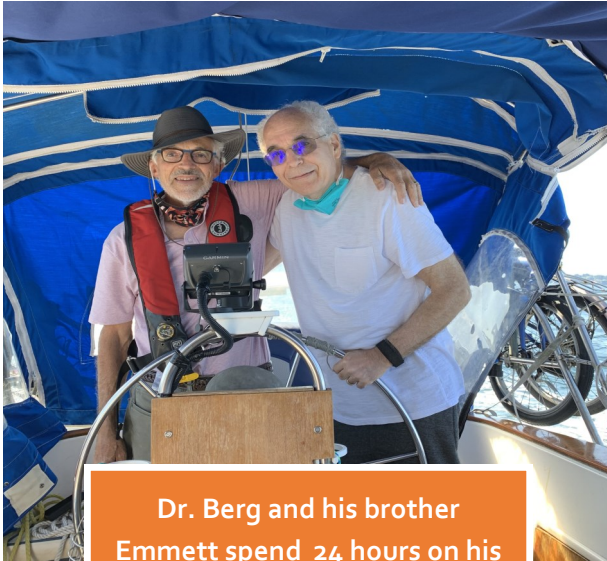
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Bunions giving you trouble now that your back in closed-toed shoes?

Give Dr. Jill's Gel Bunion Cushion a try!  
\$12





Dr. Berg and his brother Emmett spend 24 hours on his boat.



Congratulations to Netta Smith and husband Dennis Paulson who won the drawing for the shoe drive.

## One Pan Honey Mustard Chicken and Vegetables

Here's a one pan wonder that's simple to prepare.

- |  |   |
|--|---|
| -1/2 cup Dijon mustard                 | -2-3 sprigs rosemary, chopped           |
| -1/2 cup honey                         | -1/2 lb green beans, washed and trimmed |
| -1.5 tsp salt, divided                 | -2 lbs boneless chicken breasts         |
| -1 tbsp apple cider vinegar (optional) |   |
| -1 tsp paprika                         |   |
| -1/2 tsp freshly ground pepper         |   |
| -3 tbsp olive oil                      |   |
| -1 cup shallots, roughly chopped       |   |
| -1 lb Yukon gold cut into 1" pieces    |   |



Source: [The Modern Proper](#)

### Directions

1. Preheat oven to 375°F.
2. In a small bowl, make the honey-mustard sauce. Combine the Dijon mustard, honey, 1/2 teaspoon salt, apple cider vinegar and paprika. Stir until smooth.
3. Lightly season the chicken breasts with 1 teaspoon salt and pepper.
4. Heat 1 tablespoon olive oil in a large oven proof skillet or braiser over medium high heat. Sear the chicken until golden brown, about 3 minutes each side. Remove from the skillet onto a plate.
5. Add the shallots and fingerling potatoes along with the remaining olive oil into the braiser and toss to combine. Sprinkle with rosemary and place in oven for 30 minutes.
6. After 30 minutes, add the green beans and chicken along with any juices to the pan.
7. Continue cooking for another 15 minutes. Lastly, toss the chicken and veggies with the sauce and let it cook for 10-15 more minutes longer or until the chicken has reached 165°F with an instant-read thermometer.

People with tight calf muscles end up altering the way they move to offset their limited ankle motion. Most often this leads to an arch that flattens which puts stress on the plantar fascia. A shortened or tight calf muscle can also develop from wearing high heels.



This means even a person with a neutral foot type can develop plantar fasciitis if they also have tight calf muscles.

## Overweight and Obesity

You can inherit the tendency to take on extra weight. People who are overweight are more at risk for developing plantar fasciitis. For every extra pound of weight more stress is placed on your feet and plantar fascia. The plantar fascia is the ligament that gets strained with heel pain.

## Other Risk Factors for Developing Plantar Fasciitis

Other risk factors for developing this painful problem include:

- Runners and other athletes – people who are involved in high impact sports also place a lot of stress of the plantar fascia.
- Pregnancy – due to rapid weight gain
- Poor footwear – wearing unstable shoes

## Treatment of Genetic Factors

Fortunately both flat feet and tight calf muscles can be treated.

Flat feet are often discovered in early childhood around age five or six. Before then flat feet are considered normal. Even young children can be treated with orthotics to correct the way they walk and prevent pain from developing.

While over-the-counter orthotics can sometimes help with mild plantar fasciitis, most commonly patients will need to be cast for custom orthotics.

The latter type of orthotics will more fully correct faulty foot mechanics.



Tight calf muscles are treated by taking on a fairly aggressive stretching program. While many providers suggest wall stretches, our office provides an Achilles splint that can be used during the day for stretches lasting 30 minutes. The latter type of stretching program is much more effective in easing tight calf muscles. [Learn more about how to resolve calf tightness here!](#)

## Treatment of Other Factors in Plantar Fasciitis

### Inflammation

We must bring down the inflammation to effectively your heel plantar fasciitis. During your first two visits we will use an airheel, taping, and if necessary cortisone. Follow-up visits may also include [MLS Laser Therapy](#), a revolutionary treatment for pain and inflammation. It can be very effective for treating stubborn heel pain.

### Buying Stable Shoes

Buying stable shoes is another key component to effective plantar fasciitis treatment. We recommend buying shoes from a shoe store with well trained staff such as Nordstrom, Sole Perfection, REI, or a running store if you participate in that sport. Check out our blog, ["How to Choose Shoes for Plantar Fasciitis"](#).

## How to Get Your Home and Yard Ready for Fall

Now that September is here and fall is right around the corner, it's time to think about prepping your home before the rains start.

- Clean or replace your gutters and install gutter guards
- Check for drafts and replace weatherstripping if needed
- Drain all your outdoor faucets and put away your hoses
- Clean, cover and/or bring in your outdoor furniture
- Change your air filters
- Clean out your sump pump
- Change the batteries in your smoke and carbon monoxide detectors
- Get your furnace and chimney inspected
- Mulch your garden to prevent soil loss and to prevent weeds from taking over

