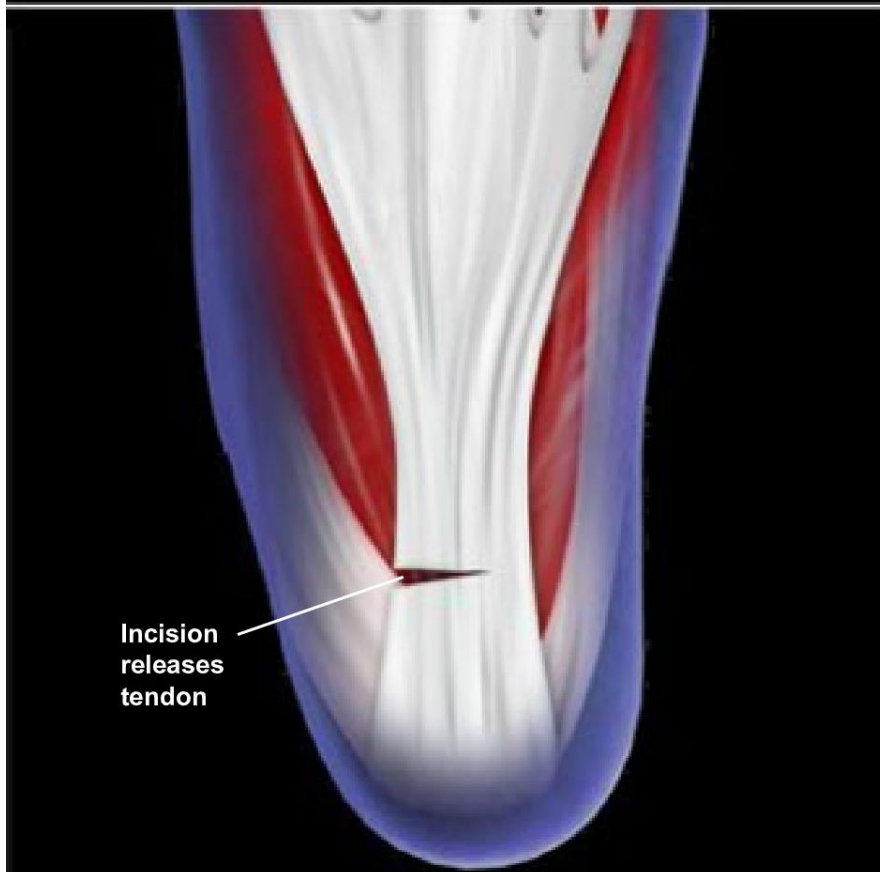
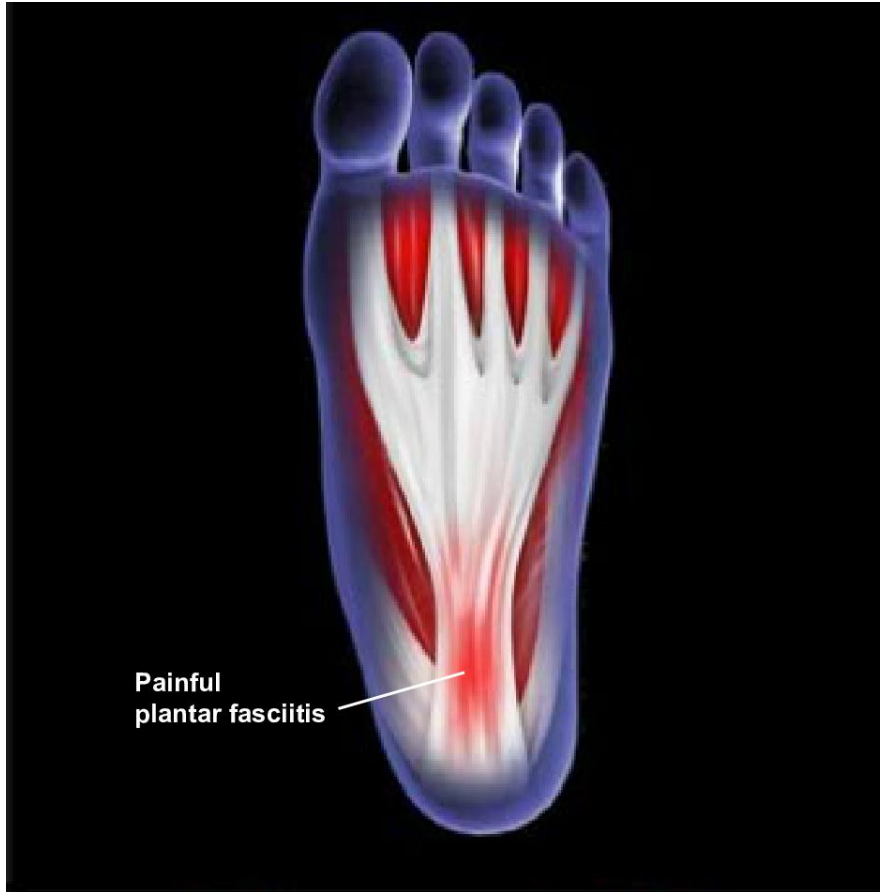




Plantar Fascia Release (Open Technique)



Overview

This outpatient procedure is a surgical cutting of part of the plantar fascia, a thick band of connective tissue that supports the foot's arch. By partially cutting this tissue, the surgeon releases tension and allows the tendon to lengthen. This procedure is commonly performed to relieve pain caused by plantar fasciitis.

Preparation

In preparation for the procedure, the patient is positioned and anesthesia is administered. The surgeon creates a small incision on the inner side of the foot (or on the sole of the foot) to access the plantar fascia.

Tension Released

The surgeon makes one or more small incisions on the sides of the plantar fascia, releasing tension within the irritated tissue. In some cases, the surgeon may also need to partially or fully detach the plantar fascia from the heel, or remove bony growths that are pressing against the plantar fascia.

End of Procedure

When the procedure is complete, the incision is closed and bandaged and the foot is placed in a cast or splint. After the plantar fascia heals, rehabilitation will be needed to rebuild strength.