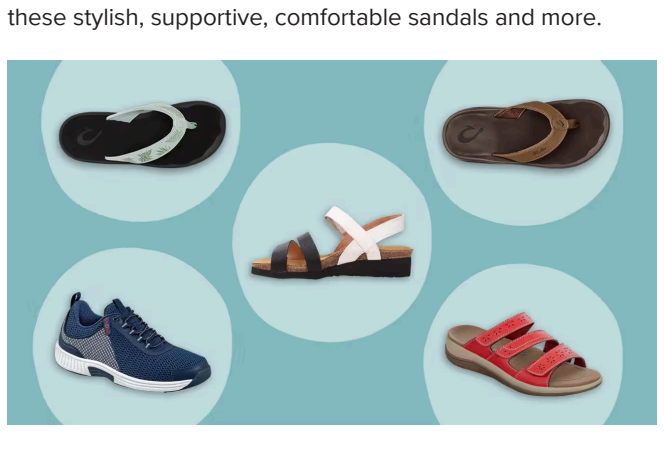
11 Best Shoes for Plantar Fasciitis: Spring and Summer Edition

Medically reviewed by Amy Elizabeth Wolkin, PT, DPT, MBA — Written by Steph Coelho, CPT and Karen Lamoreux and The Healthline Editorial Team — Updated on May 3, 2024

Experts and users weighed in on the best shoes for managing plantar fasciitis. As the weather warms, consider these stylish, supportive, comfortable sandals and more.



Quick look at shoes for plantar fasciitis

- **Most comfortable sandal for plantar fasciitis:** Olukai 'Ohana | *Skip to review*
- **Best walking sandal:** Ecco Flowt 2 Band Sandal | *Skip to review*
- **Best women's dress sandal:** NAOT Kayla Sandal | *Skip to review*
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Plantar fasciitis can make it difficult to walk, exercise, or even stand for any length of time. While treatment often requires taking a break from intense activity, it doesn't usually mean you have to give up *all* of your activities. Especially when the sun beckons and you want to be outdoors.

We polled wearers, sought podiatry recommendations, scoured reviews, and asked a medical expert who specializes in foot concerns to help guide our search for the best shoes for plantar fasciitis.

After considering dozens of shoes, we landed on these as the most comfortable sandals and the best walking shoes for plantar fasciitis, plus other options to support your feet in comfort and style all summer long.

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Of course, no shoe will work perfectly for everyone. "Shoes are very personal," said Dr. Gregory Minnis. "Everyone's foot is shaped differently and moves a little differently. At the end of the day, the shoe that is best is the one you can comfortably walk in."

Here are some recommended options to help you find the just-right shoes for you.

Pricing guide

Plantar fasciitis shoes, like any shoes, will range in price depending on the materials used and the intended activity. While you can find good, supportive shoes at multiple price points, those featured on our list range in price from less than $40 to almost $200.

- **$** = under $100
- **$$** = $100–$150
- **$$$** = over $150

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The best shoes for plantar fasciitis

Most comfortable sandal for plantar fasciitis

Olukai 'Ohana

★★★★★ 4.7 (12K+) FROM AMAZON

- **size range:** 7–18 (men), 5–12 (women)
- **cushioning:** contoured footbed made of EVA foam
- **colors:** 15 options
- **Price:** $

SHOP NOW AT AMAZON

Healthline's review

This water-resistant beach sandal is one of Olukai's most popular offerings, beloved by men and women alike for its contoured footbed, all-over comfort, and durability.

Uniquely, the sandal mimics the customized foot molding of stepping into wet sand, and offers medium-high arch support. The cushioned and compressed-EVA midsole provides stability and shock absorption. The rubber lug outsole ensures a nonslip grip for any

Pros & cons +

Product details +

Best walking sandal

Ecco Flowt 2 Band Sandal

★★★★★ 4 (62+) FROM ZAPPOS

- **sizes:** 4-11.5
- **cushioning:** PU sole, microfiber footbed
- **colors:** 4 options
- **Price:** $$

SHOP NOW AT ZAPPOS

Healthline's review

This quick-fastening strap sandal blends modern style with comfort and moderate arch support, making it one of the best shoes for plantar fasciitis for women for warm weather.

Made of leather and synthetic materials, the Flowt has a leather upper, lining, and insole, and a microfiber footbed atop a lightweight polyurethane outsole that provides cushioning and shock absorption.

Pros & cons +

Product details +

Best women's dress sandal

NAOT Kayla Sandal

★★★★★ 4 (1.9K+) FROM ZAPPOS

- **Size range:** women's 4–13
- **Cushioning:** suede-covered latex cushioning on cork footbed
- **Colors:** 22 options
- **Price:** $$

SHOP NOW AT ZAPPOS

Healthline's review

With a suede-covered footbed made of natural cork and latex cushioning, the NAOT Kayla is designed to absorb the impact of foot strike. Its ample arch support also relieves pressure along the center of your foot.

These features and more make the NAOT a welcome and stylish entry into footwear that supports a variety of foot conditions, including plantar fasciitis. It also has the American

Pros & cons +

Product details +

Best slip-on sandal

Orthofeet Sahara Sandal

★★★★★ 4.4 (90+) FROM AMAZON

- **sizes:** 5-12
- **cushioning:** orthotic cushioned foam insole, cushioned heel
- **colors:** 6 options
- **Price:** $$

SHOP NOW AT AMAZON

Healthline's review

This slide-on sandal includes a built-in orthotic characteristic of all Orthofeet shoes that hugs your feet and keeps them in place. It also offers extra heel cushioning, arch support, and three adjustable straps.

Orthofeet shoes are designed to support painful foot conditions, such as plantar fasciitis. And based on reviews, the Sahara measures up. People comment on the excellent arch

Pros & cons +

Product details +

Best affordable slip-on sandal

OOFOS OOriginal Sandal

★★★★★ 4 (1.1K+) FROM ZAPPOS

- **Sizes:** women's 5–16, men's 3–14
- **Colors:** 16 options
- **Cushioning:** shock-absorbing OOfoam, cradle footbed
- **Price:** $

SHOP NOW AT ZAPPOS

Healthline's review

The Oofos OOriginal Sandal has a contoured footbed designed to cradle your foot and provide moderate arch support. It also boasts solid foam construction that doesn't break down over time.

People love the ease of this comfortable, slip-on shoe for wearing around the house or puttering outside in the warm weather. It's also praised as a recovery shoe for plantar

Pros & cons +

Product details +

Best women's summer loafer

Vionic Willa Women's Slip-On Flat

★★★★★ 4.3 (928+) FROM VIONIC

- **Size range:** 5 to 13
- **Colors:** five
- **Cushioning:** shock-absorbing insole, full underfoot arch support, orthotic heel cup
- **Price:** $$

SHOP NOW AT VIONIC

Healthline's review

The ever- stylish "flat" is one shoe type not recommended for conditions such as plantar fasciitis. The Vionic Willa Slip On Flat may be the exception.

The Willa keeps the whimsical look of a flat but upgrades it with a shock-absorbing cushioned footbed, supportive heel cup, and "Vio-Motion" underscore that supports and

Pros & cons +

Product details +

Best men's casual-dress shoes

Amberjack The Original

★★★★★ 4.8 (2.2K+) FROM AMBERJACK

- **Sizes:** 7–15
- **Colors:** 13
- **Cushioning:** memory foam arch, TPU outsole
- **Price:** $$$

SHOP NOW AT AMBERJACK

Healthline's review

A high profile partnership with NFL quarterback Aaron Rodgers put Amberjack on the map. But it's the shoe's comfort that keeps customers raving. Blending style elements of a classic men's dress shoe and the flexibility of an athletic shoe, The Original hits just the right notes for a casual-dress option that lets you log hours on your feet *and* can carry you from office to dinner.

Pros & cons +

Product details +

Best men's lightweight sneaker

Orthofeet Edgewater Stretch

★★★★★ 4.3 (2+) FROM AMAZON

- **Size range:** 7 to 15 wide
- **Cushioning :**
- **Colors:** three
- **Price:** $$

SHOP NOW AT AMAZON

Healthline's review

The Edgewater is designed with Orthofeet's signature orthotic insoles with anatomical arch support and extra heel cushioning, plus an optional arch booster for a more customized fit.

We like these for an everyday casual summer sneaker. They have a breathable wool-blend stretch knit fabric, deep footbed, and mild rocker sole for natural gait support that

Pros & cons +

Product details +

Best running shoes for plantar fasciitis

ASICS Gel-Nimbus 26

★★★★★ 4.4 (46+) FROM AMAZON

- **Size range:** women's 5–13, men's 7–15
- **Cushioning:** maximum
- **Colors:** up to 25 options
- **Price:** $$$

SHOP NOW AT AMAZON

Healthline's review

The newest version of ASICS' popular Gel-Nimbus running shoe boasts new cushioning and support features to make your training or everyday runs even more comfortable. This includes new FF Blast Plus Eco foam cushioning throughout the footbed, shock-absorbing gel heel padding, and a plusher knitted tongue and collar for better adapted fit.

Users commend the upgraded cushioning and extra-thick soles for running, or even just

Pros & cons +

Product details +

Best walking shoes for plantar fasciitis

HOKA Bondi 8

★★★★★ 4 (4K+) FROM ZAPPOS

- **Size range:** women's 5 to 12, men's 7 to 16
- **Colors:** 16+
- **Cushioning:** maximum or plush
- **Price:** $$$

SHOP NOW AT ZAPPOS

Healthline's review

Although they're marketed as running shoes, many users enjoy HOKA Bondi 8 as an ultra-cushioned walking shoe that one reviewer said is "like walking on a cloud."

The Bondi 8 offers excellent support and stability, plus a protected heel and wide footbed, earning it the American Podiatric Medical Association (APMA) Seal of Acceptance.

Pros & cons +

Product details +

Best affordable walking shoes

Saucony Omni Walker 3

★★★★★ 4.3 (435+) FROM AMAZON

- **Size range:** women's 5–12, men's 7–14
- **Cushioning:** Saucony PWRRUN foam for a plush foam interior
- **Colors:** 3 options
- **Price:** $

SHOP NOW AT AMAZON

Healthline's review

The Saucony Omni Walker 3 is a less expensive option for anyone looking for a walking shoe that still provides support and relief from plantar fasciitis. It also carries the APMA Seal of Acceptance.

Coming in just 3 solid colors, what the Omni Walker 3 lacks in style, it makes up for in

Pros & cons +

Product details +

Best plantar fasciitis shoes for spring and summer

	Price	Size	Use	Highlights
Olukai 'Ohana	$	• 5–12 (women) • 7–18 (men)	• beach • casual	water-resistant comfortable sandal that contours to your foot
ECCO Flowt 2 Band Sandal	$$	women's 4–11.5	• walking • travel	supportive, comfortable sandal with modern style for everyday wear
NAOT Kayla Sandal	$$	women's 4–13	dress	comfort and support in a stylish sandal
Orthofeet Sahara Sandal	$$	women's 5–12	casual	slip-on comfortable sandal with an orthotic footbed
Oofos OOriginal Sandal	$	• women's 5–18 • men's 3–16	at-home	slip-on recovery sandal for wear around the house or yard
Vionic Willa Slip On Flat	$$	women's 5–13	• work • dress	cute loafer with cushioned footbed and arch support
Amberjack The Original	$$$	men's 7–15	• work • dress	stylish men's shoe for plantar fasciitis
Orthofeet Edgewater	$$	men's 7–15	• casual • walking	lightweight walking shoes for plantar fasciitis with orthotic support
Asics Gel-Nimbus 26	$$$	• women's 5–13 • men's 7–15	running	well-cushioned, lightweight running shoes for plantar fasciitis with arch and heel support
HOKA Bondi 8	$$$	• women's 5–12 • men's 7–16	• walking • running	ultra-cushioned athletic shoe with wide footbed
Saucony Omni Walker 3	$	• women's 5–12 • men's 7–14	walking	no-nonsense walking shoes for plantar fasciitis with ample cushioning and sturdy construction

How we chose the best shoes for plantar fasciitis

We interviewed experts about what types of construction, cushioning, and design were important when comparing and choosing the best shoes for plantar fasciitis. We polled users, scoured reviews, read studies, and landed on more than two dozen brands and shoes to consider.

Finally, we put all our selections through our robust vetting process to ensure that we were recommending high quality products from companies that deliver on what they promise.

Read more about how we choose and vet brands and products.

What to look for in a shoe if you have plantar fasciitis

Dr. Minnis, a physical therapist who assesses and treats foot injuries such as plantar fasciitis, says a proper shoe fit and the following characteristics can help take the stress off inflamed or irritated plantar fascia:

- good arch support
- ample cushioning
- a firm insole

The following shoe features may also help minimize symptoms of plantar fasciitis:

- heel stability
- a slightly elevated heel (1–1.5 inches)
- a firm midsole
- a thick outsole, sometimes with a rocker bottom to avoid overstretching your plantar fascia when you walk

The shoes on our list, including comfortable sandals and walking shoes for plantar fasciitis, meet these criteria.

It can also be helpful to seek shoe recommendations from your podiatrist, review shoe brands that have earned the APMA Seal of Acceptance, or enlist the help of a sales associate while shopping.

"Go to a footwear store with a knowledgeable staff who will let you try on a variety of shoes," he said. "You want to walk liberally in the shoes before you buy them to make sure they are comfortable."

Key considerations

Arch support

"The plantar fascia helps maintain the arch during gait/walking," Minnis said. "Proper-fitting footwear and good arch support can take stress off of the inflamed or irritated plantar fascia."

How much and what type of arch support will depend on your foot. For example, if you have flat feet, you'll likely want ample arch support. But if you have a higher arch, you may want a shoe with less restriction to promote greater mobility.

We like that Orthofeet's Edgewater walking shoes for plantar fasciitis, include an optional arch boost, so you can adjust the level to what works best for you, plus a mild rocker bottom.

Rigid sole, midfoot cushioning, and heel drop

A firm sole and midfoot cushioning are important to tame plantar fasciitis symptoms.

Another important issue is the heel drop, according to Minnis. This is the vertical difference between the heel and the front of the shoe. The ideal drop for people with plantar fasciitis is 3–4 centimeters (1–1.5 inches), he said.

"This can reduce the load on the plantar fascia," Minnis said. He adds that the heel should be stable, with a firm counter, or material forming the back of a shoe the supports the heel.

Soft impact with the ground

In addition to considering comfort, look for a shoe that provides the least impact when your foot strikes a hard surface. Ample undersole cushioning and the use of outer sole materials that lessen impact are ideal.

> "Go to a footwear store with a knowledgeable staff who will let you try on a variety of shoes. You want to walk liberally in the shoes before you buy them to make sure they are comfortable."
>
> — Gregory Minnis, DPT

What to avoid in a shoe if you have plantar fasciitis

Shoes without arch support and heel stability can worsen symptoms of plantar fasciitis. The results of a small 2022 study suggest that improper footwear may even *cause* plantar fasciitis.

"Flats or shoes with a high heel and minimal arch support will increase stress on the plantar fascia," Minnis explains.

No matter the type, any shoe that causes uncomfortable pressure points or makes your feet hurt should be swapped for something more comfortable.

When to consider orthotics

If you've tried multiple shoes that were supposed to be more supportive and your symptoms have persisted, orthotics may help. They can add support and stability to any shoe.

Minnis recommends trying a reputable brand of over-the-counter (OTC) orthotics before investing in expensive custom orthotics. "In my experience, many people get relief from OTC orthotics," he said. "If the OTC ones don't work, then custom orthotics may be required."

What else you can do

Recovering from plantar fasciitis requires patience, especially if you're usually an active person. If you don't let your feet heal properly, there's a good chance the condition will come back. While you don't need to stay completely off your feet, taking a break from intense or high impact activities is necessary for your condition to improve.

Recovery might take a few months or even a year, but there are ways you can help the healing process. In addition to rest, treatment options may include:

- icing the area to help relieve inflammation
- taking nonsteroidal anti-inflammatory drugs
- practicing exercises and stretches to improve flexibility

Other recovery techniques, such as rolling your foot on a ball or even on a frozen water bottle, can also help provide relief.

If you're having severe pain that doesn't go away with rest, your doctor may recommend:

- cortisone injections
- custom orthotics
- medical treatments, possibly including surgery

Frequently asked questions about shoes for plantar fasciitis

Are hard or soft shoes better for plantar fasciitis? +

Are Crocs good or bad for plantar fasciitis? +

Takeaway

When it comes to choosing the best shoes for plantar fasciitis, a good first step would be to speak with a specialist — either a podiatrist or a physical therapist. The second step? Try on a lot of different shoes.

Use this article as a guide. You want a shoe that combines arch support, midsole stability, and cushioning, especially in the heel. You'll be able to find these features in a variety of supportive sandals, sneakers, oxfords, slip-ons, and clogs.

And while all the shoes discussed in this article are supportive and comfortable and have helped some people with plantar fasciitis, not every shoe will work for every person. Each foot is different, as Dr. Gregory Minnis said. To find the right shoe for you, try a lot of styles, spend some time walking around, and you'll know what works and what doesn't.

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Plantar Fasciitis

Medically reviewed by Deborah Weatherspoon, Ph.D., MSN — Written by Jennifer Larson — Updated on February 26, 2023

Overview | Symptoms | Causes & risk factors | Diagnosis | Treatment | Recovery | Prevention | Plantar fasciitis vs. heel spurs | Plantar fasciitis in children | Potential complications | Takeaway

Pain, swelling, and stiffness in one or both heels may happen due to plantar fasciitis. You can often treat this condition at home, with ice, rest, supportive braces, and over-the-counter pain relief. If your pain doesn't improve, a doctor can offer more guidance.

Nothing can disrupt normal daily living quite as much as pain that keeps you from moving around.

If you're experiencing pain in the bottom of your heel, it may be worth getting checked out. Your planta fascia ligament may be inflamed, which could be causing your pain.

Depending on the cause and the extent of the inflammation, you may find relief with a nonsurgical treatment, but in severe cases, you could consider a surgical procedure.

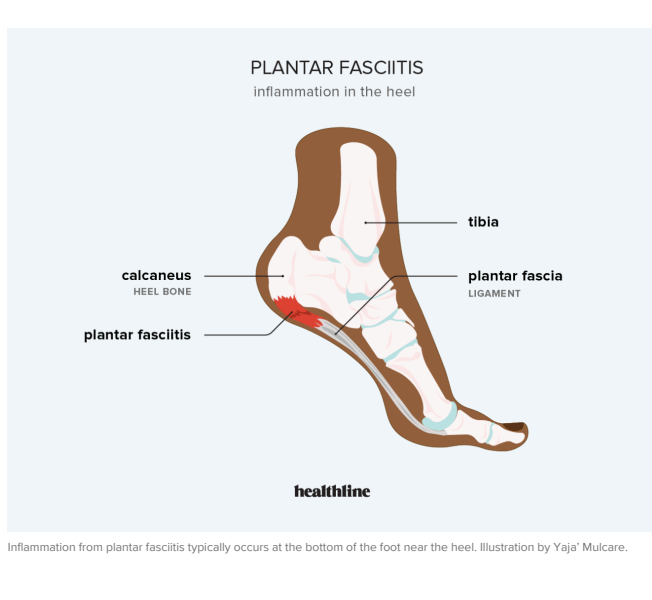
In this article, we take a closer look at plantar fasciitis, its symptoms and causes, plus treatment options and recovery time.

What is plantar fasciitis?

Plantar fasciitis causes pain in the bottom of the heel. The plantar fascia is a thick, weblike ligament that connects your heel to the front of your foot. It acts as a shock absorber and supports the arch of your foot, helping you walk.

Plantar fasciitis is one of the most common orthopedic complaints. Your plantar fascia ligaments experience a lot of wear and tear in your daily life. Too much pressure on your feet can damage or tear the ligaments. The plantar fascia becomes inflamed, and the inflammation causes heel pain and stiffness.

The cause of plantar fasciitis discomfort is still unclear. A 2003 study suggested that the condition may involve degeneration rather than inflammation of the plantar fascia. Because fasciitis means "inflammation of a fascia," a better name may be plantar fasciosis.



Inflammation from plantar fasciitis typically occurs at the bottom of the foot near the heel. Illustration by Yaja' Mulcare.

What are the primary symptoms of plantar fasciitis?

The major complaint of those with plantar fasciitis is pain at the bottom of the heel or sometimes at the bottom mid-foot area. It usually affects just one foot, but it can affect both feet.

Pain from plantar fasciitis develops gradually over time. The pain can be dull or sharp. Some people feel a burning or ache on the bottom of the foot extending outward from the heel.

The pain is usually worse in the morning when you take your first steps out of bed, or if you've been sitting or lying down for a while. Climbing stairs can be very difficult due to heel stiffness.

After prolonged activity, the pain can flare up due to increased irritation or inflammation. People with plantar fasciitis don't usually feel pain during the activity, but rather just after stopping.

What causes plantar fasciitis and who gets it?

Plantar fasciitis isn't typically the result of heel spurs. Doctors used to believe that heel spurs caused pain in people with plantar fasciitis, but this isn't the case.

Plantar fasciitis tends to develop as a result of overstretching or overuse of this ligament, although a tear or small tears in the fascia tissue can also cause the pain. Your foot structure can also predispose you to developing plantar fasciitis.

Active men and women between the ages of 40 and 70 are at the highest risk for developing plantar fasciitis. It's also slightly more common in women than men. Women who are pregnant often experience bouts of plantar fasciitis, particularly during late pregnancy.

Risk factors

You're at a greater risk of developing plantar fasciitis if you:

- are overweight or have obesity. This is due to the increased pressure on your plantar fascia ligaments, especially if you have sudden weight gain.
- are a long-distance runner.
- have an active job where you are often on your feet, such as working in a factory or being a restaurant server.
- have structural foot issues, such as high arches or flat feet.
- have tight Achilles tendons, which are the tendons attaching your calf muscles to your heels.
- often wear shoes with soft soles and poor arch support.

How do doctors diagnose plantar fasciitis?

Your doctor will perform a physical exam to check for tenderness in your foot and the exact location of the pain. This is to make sure that the pain isn't the result of a different foot problem.

During the evaluation, they may ask you to flex your foot while they push on the plantar fascia to see if the pain gets worse as you flex and better as you point your toe. They'll also note if you have mild redness or swelling.

Your doctor will evaluate the strength of your muscles and the health of your nerves by checking your:

- reflexes
- muscle tone
- sense of touch and sight
- coordination
- balance

If you need help finding a primary care doctor, then check out our FindCare tool here.

Imaging tests

Imaging tests can also reveal important information about the structures and tissues within your foot. An X-ray or an MRI scan may be necessary to check that nothing else is causing your heel pain, such as a bone fracture.

Although you can't really get a good look at soft tissues on an X-ray, the test is still useful for ruling out bone fractures, heel spurs, and other possible culprits.

Meanwhile, research suggests that an MRI can provide evidence of any thickening of the plantar fascia or swelling in the tissues.

An ultrasound may also be useful to see if there's any thickening, calcifications, or other issues.

How is plantar fasciitis treated?

Home treatments like rest, icing, and using braces and anti-inflammatory drugs are often the first ways to treat plantar fasciitis. If those don't ease the pain, an injection of a corticosteroid directly into the damaged section of the ligament can help. Your doctor can do this in their office.

Your doctor may use an ultrasound image to help determine the best place for the injection. They can also apply corticosteroids to the skin of your heel or the arch of your foot, and then apply a painless electrical current to let the steroid pass through your skin and into the muscle.

Nonsurgical treatment for plantar fasciitis

Physical therapy

Physical therapy is a key part of treatment for plantar fasciitis. It can help stretch your plantar fascia and Achilles tendons. A physical therapist can show you exercises to strengthen your lower leg muscles, helping to stabilize your walk and lessen the workload on your plantar fascia.

Shock wave therapy

If pain continues and other methods aren't working, your doctor may recommend extracorporeal shock wave therapy. In this therapy, sound waves bombard your heel to stimulate healing within the ligament. Side effects of this treatment can include:

- bruises
- swelling
- pain
- numbness

Extracorporeal shock wave therapy hasn't been proven to be consistently effective in relieving symptoms. If home and medical treatments don't take care of your plantar fasciitis, the next option to consider is surgery.

Stretching exercises

Gentle stretches can help relieve and even prevent plantar fasciitis. Stretching your calves and the plantar fascia itself helps loosen your muscles and reduce heel pain.

It's important to take time off from certain exercises, like running, to give the plantar fascia time to heal. Swimming and other low-impact activities can let you exercise without worsening your heel pain. When you start running again, be sure to begin slowly.

Stop and stretch while exercising to keep the pain from returning. Remember to stretch before beginning your workouts, too.

Stretches for plantar fasciitis are easy to do. You'll only need a few common props, like a chair and a foam roller, or even just a frozen water bottle. Learn the right stretches to help heal and prevent plantar fasciitis.

Surgical treatment for plantar fasciitis

Surgery is the most dramatic therapy. This is done only in cases in which pain is severe or lasts more than 6 to 12 months.

Surgery can result in chronic pain and nerve damage, so it should be considered only after trying other treatment options.

Gastrocnemius recession

If you have a hard time flexing your feet even after consistent stretching, your doctor may recommend gastrocnemius recession. This surgery involves lengthening the calf muscle to increase ankle motion and flexibility in the foot and release stress on the plantar fascia.

A 2018 retrospective review of 17 patients found that this type of surgery improved foot function and reduced pain in people who are overweight or have obesity who also have chronic plantar fasciitis. But while this surgery does seem to help some people with recalcitrant plantar fasciitis, more research is needed, according to a 2021 review of existing research.

Plantar fascia release

In a plantar fascia release, your surgeon will cut part of your plantar fascia ligament to release some of the tension, which should hopefully relieve the inflammation. This may entail small cuts into the ligament, or it could entail detaching the plantar fascia from the heel bone. The process can be performed endoscopically or via open surgery.

This reduces tension, but weakens the arch of the foot, and full function may be lost.

Home remedies for plantar fasciitis

Reducing pain and irritation or inflammation in the plantar fascia ligament is an important part of treatment, but this doesn't address the underlying damage to the ligament.

Home treatments for plantar fasciitis

Initial home treatment includes staying off your feet and applying ice for 15 to 20 minutes, 3 or 4 times per day, to reduce swelling.

You can also try reducing or changing your exercise activities. Using arch supports in your shoes, replacing worn-out athletic footwear, and doing stretching exercises may also help to relieve pain.

Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Motrin or Advil) and naproxen (Aleve), may soothe pain in the ligament.

Braces and supports for plantar fasciitis

Night splints are another treatment that can help stretch your calf and the arch of your foot. Night splints are a type of brace that holds your foot in a flexed position and lengthens the plantar fascia and Achilles tendon overnight. This can prevent morning pain and stiffness.

Special orthotics, or arch supports, for your shoes may help alleviate some of the pain by distributing pressure, and they can prevent further damage to the plantar fascia.

A boot cast may immobilize your foot and reduce strain while the plantar fascia heals. You can remove the boot cast, which looks like a ski boot, for bathing.

Carefully following recommendations for home treatment is often enough to heal plantar fasciitis without help from your doctor. Find out more tips for caring for plantar fasciitis at home.

Essential oils for plantar fasciitis

There's little research on treating plantar fasciitis with essential oils. Still, some studies suggest that using essential oils may reduce pain and inflammation for certain conditions. These oils include:

- lavender
- lemongrass
- eucalyptus
- rose

Dilute your essential oil with a carrier oil, like coconut oil, before using it for massage. You can also inhale the steam from the essential oil mixed with hot water.

Since it's unclear whether plantar fasciitis involves irritation or inflammation, using these essential oils may not be much help. However, if you use them correctly, there's generally no harm in trying them.

CBD oils for plantar fasciitis

Cannabidiol (CBD) is a compound found in the *Cannabis* plant, and products incorporating this compound are often used to treat pain and inflammation.

While there is not a significant body of research into the specific benefits of CBD for plantar fasciitis, numerous studies have found that cannabis may be effective in relieving various types of pain, including one 2018 review that assessed the benefits of using cannabis to alleviate chronic pain and a 2015 review into the benefits of inhaled cannabis for chronic neuropathic pain.

It's a good idea to talk to a healthcare professional before you try a product like CBD to discuss appropriate dosing and other issues. Then, if you want to give CBD oil a try, you can opt for a couple of different methods. You can use a dropper to place CBD oil under your tongue, or you can apply a topical product containing CBD oil to your skin.

Be sure to do a patch test first to make sure the product doesn't irritate your skin and cause additional discomfort on top of your pain.

Nutrition and supplements for plantar fasciitis

More research is needed on using nutrition to improve or prevent plantar fasciitis. However, taking these supplements may help with tissue repair and healing:

- vitamin C
- zinc
- glucosamine
- bromelain
- fish oil

It's better to get nutrients from eating a balanced diet than from supplements. If you do decide to take supplements, always check with your doctor first.

If weight gain caused your plantar fasciitis, eating a healthy diet can help you lose weight and relieve your heel pain. Here are 20 foods that can help you lose weight.

How long does it take to recover from plantar fasciitis?

For most people, plantar fasciitis improves within a few months of home treatments. These include resting, icing, and stretching.

You can also help your plantar fascia recover by stabilizing your foot with tape. This limits the amount that the ligament can move. A 2015 review of several studies suggested that taping your foot also offers temporary pain relief.

You can use zinc oxide tape or kinesiology tape. It may take some practice, but you can tape your foot yourself and aid the recovery process. Learn how to tape your foot to help relieve plantar fasciitis.

How can you prevent plantar fasciitis?

Making a few lifestyle changes may help you avoid plantar fasciitis.

Wear supportive shoes with good arch support, and replace your athletic footwear regularly. If you're a runner, around 400 to 500 miles is the limit for each pair of shoes before you should buy new ones.

Incorporate low-impact exercises into your routine, like swimming or bicycling. Avoid overworking your plantar fascia with very frequent running. Before exercising, be sure to stretch your calves, Achilles tendon, and plantar fascia.

Do your best to stay at a healthy weight. If you're overweight, try to lose weight to reduce pressure on your plantar fascia.

What's the difference between plantar fasciitis and heel spurs?

A heel spur is a hook of bone that can form on the heel bone, or calcaneus, of the foot. Like plantar fasciitis, it can develop from long-term stress on your feet. An orthopedic surgeon or a podiatrist can diagnose a heel spur with an X-ray.

People often assume that foot pain is caused by a heel spur, but this usually isn't true. Heel spurs often cause no symptoms.

According to the American Association of Orthopaedic Surgeons (AAOS), 1 in 10 people has a heel spur, but only 1 in 20 people with heel spurs experiences pain.

Conversely, a 2019 study found that the majority of people over 50 with plantar heel pain reported the pain was "disabling."

Heel spurs share similar causes with plantar fasciitis. Some of these include:

- wearing unsupportive or worn-out shoes
- being overweight
- having arthritis
- walking with an incorrect or unnatural gait

Having plantar fasciitis also increases your likelihood of forming heel spurs. Although heel spurs won't heal without surgery, they typically don't cause any pain or other symptoms. As a result, surgery usually isn't needed.

You can treat heel spurs close to the same way you would treat plantar fasciitis. Rest and ice, pain medications, and shoe inserts can reduce symptoms. Learn more about treating heel spurs at home.

Do children get plantar fasciitis?

Children, like adults, may develop plantar fasciitis from overuse of the ligament or from wearing old or unsupportive shoes. Because the condition can worsen over time, it's important to see a doctor to properly diagnose and treat it.

Ice your child's heel to reduce any irritation or inflammation. Massaging the area can also help it heal. Make sure your child rests and avoids running, jumping, and standing for long periods to help their foot heal.

When your child returns to their normal activities, remind them to do warmup exercises and stretches to keep the problem from returning. You should also check that they're wearing properly fitting, supportive shoes.

Your child's heel pain could also be another condition, like Achilles tendinitis or a fracture. Find out more about heel pain in kids.

What are the potential complications of plantar fasciitis?

You can develop chronic heel pain if you ignore the condition. This can change the way you walk and cause injury to your:

- legs
- knees
- hips
- back

Steroid injections and some other treatments can weaken the plantar fascia ligament and cause potential rupture of the ligament.

Surgery carries the risks of bleeding, infection, and reactions to anesthesia. Plantar fascia detachment can also cause changes in your foot and nerve damage. Gastrocnemius recession surgery can also cause nerve damage.

Takeaway

Most people don't need surgery to relieve pain from plantar fasciitis. Instead, their condition improves through physical therapy, home treatments, and medical treatments.

However, treatment can take several months to 2 years to improve your symptoms. In some cases, surgery may become an option that you might need to consider.

Regardless of what treatment you choose, don't ignore your symptoms. Untreated plantar fasciitis can lead to more painful complications.

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