

## What is Plantar Fasciitis?

The Plantar Fascia is a fibrous band of connective tissue that helps support the arch of the foot. It extends from the heel bone, to the forefoot. It becomes tight with weight bearing.

The Plantar Fascia can become irritated or inflamed most often due to small tears and thickening of the fascia causing heel pain. Spurs can also grow from the bone into the fascia. Pain from inflammation and thickening of the fascia is called **Plantar Fasciitis**.

**Plantar Fasciitis** symptoms include: sharp pain, aching or stiffness on the bottom of one or both heels. The pain is often at its worst upon awakening in the morning (or after sitting down for an extended period and then resuming activity), causing hobbling or limping for a few minutes.



Speak with Dr. Dickerson today to see if the **FAST™** Technique would be right for you?



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# Are You Suffering from Heel Pain?

**FAST™** Technique for the  
treatment of Plantar Fasciitis

# Treatment Options

There are several different conservative and surgical treatment options available for Plantar Fasciitis. Speak with your physician to determine which treatment option or options are right for you.

- **NSAIDS** : Ibuprofen, Motrin, Alleve, Naprosyn, are all nonsteroidal anti-inflammatory medication
- **Ice Therapy**
- **Stretching Exercises**



- **Supportive Shoe Gear**
- **Foot Taping and Padding**

- **Custom Orthotics or Pre-made Orthotics** - A foam or plastic orthotic (Custom-made to fit the foot) relieve the strain on the tissues and permit the fascia to recover



- **Cortisone Injections**
- **Physical Therapy**
- **Plantar Fasciotomy**
- **Gastrocnemius Recession**
- **Ultrasound Imaging of the Fascial**
- **Ultrasound Guided Injections**
- **NEW Minimally Invasive Technique**

# FAST™

TECHNIQUE

FASCIOTOMY AND SURGICAL TENOTOMY

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TECHNIQUE

FASCIOTOMY AND SURGICAL TENOTOMY

(Focused Aspiration of Scar Tissues)

Allows for the surgical removal of the thickened scarred tissue.

The incision is a small stab incision.

Performed in an outpatient setting under mild sedation and local anesthesia.

The patient is full weight bearing in a walking boot postoperatively.

Three-four weeks of healing time.



The FAST Technique uses a toothpick sized instrument to remove painful scar tissue from the tendon

