

### What is Plantar Fascia?

The plantar fascia is a band of tissue, called fascia, that connects your heel bone to the base of your toes. It supports the arch of the foot and absorbs shock when walking.

### What is Plantar Fasciitis?

Plantar fasciitis is the inflammation of the plantar fascia, tissue in the foot used during walking and foot movement. Tension and stress on the fascia can cause small tears.



By **HareemArshad**  
(HareemArshad)

[cheatography.com/hareemarshad/](https://cheatography.com/hareemarshad/)

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