

## Plantar Fasciitis and Degenerative Changes in the Mid-foot

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Figure 1: Plantar fasciitis and degenerative changes in the mid-foot.

**Keywords:** Plantar fasciitis; Physiotherapy

### Introduction

Patient ZMS, 70 years old, with class I obesity, walking practicing 3-5 times a week, with an average duration between 40-60 minutes to travel between 4-6 kilometers, presents with pain in left foot one year, even after treatment with anti-inflammatory, infiltration and physiotherapy (Figure 1).

### Conducted examination

Magnetic resonance imaging of the left ankle in high-field systems

(1.5T) with multiplanar sequences T1 and sensitive liquid before and after infusion of paramagnetic contrast.

### Diagnosis

Plantar fasciitis - marked thickening and heterogeneity of the plantar fascia calcaneal fixation in the region, involving the central band, with partial rupture outbreaks associated with the presence of entesófito, osteitis reaction and edema in the adjacent soft tissues. Note the presence of degenerative changes in the mid-foot.

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