

## **Pain Management Coding Alert**

### **Anatomy Refresher: Peel Back the Layers of Plantar Fasciitis**

**Knowing the structure helps you be a better coder.**

The more you know about plantar fascia anatomy, the easier it can be to choose the correct code for the procedures your physician performs.

Fascia is a sheet or band of fibrous connective tissue enveloping, separating, or binding together muscles, organs, and other soft structures of the body. An aponeurosis (as mentioned in the descriptor for 20550) is a sheet-like fibrous membrane resembling a flattened tendon that serves as fascia to bind muscles together or to connect muscle to bone. The plantar fascia is a thick aponeurosis that supports the arch on the bottom (plantar side) of the foot.