

# Rigor Crus



Plantar fasciitis is a painful inflammation of the eponymous ligament along the bottom of the human foot. Untreated, the condition can spread to the ankle, and thence to the calf, knee, thigh, and even the gluteal region. In the severe variant known as rigor crus, the leg stiffens to the point of inflexibility. Curiously, rigor crus is also contagious.