



Plantar Fasciitis

Heel pain has many causes but one of the most common causes is plantar fasciitis.

Plantar fasciitis is an inflammation of the tight band of tissue that extends from the heel to the base of the toes. The main function of this band is to support the arches of the feet.



Causes of Plantar Fasciitis

- Abnormal foot function that puts too much stress on the plantar fascia and the heel bone.
- Prolonged periods of weight-bearing on hard surfaces
- Sport or training errors
- Wearing non-supportive footwear

Symptoms

People with plantar fasciitis often describe pain in the heel of their foot and sometimes the pain can be along the whole surface of the arch.

Pain is often described as worse when they get up in the morning or after long periods of sitting.

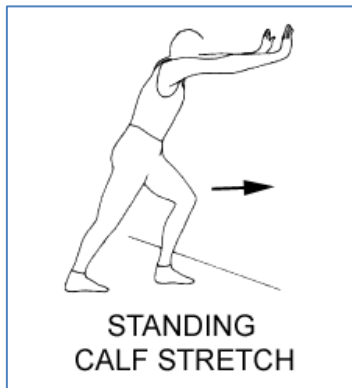




Treatment Regime

1. Calf stretching exercises

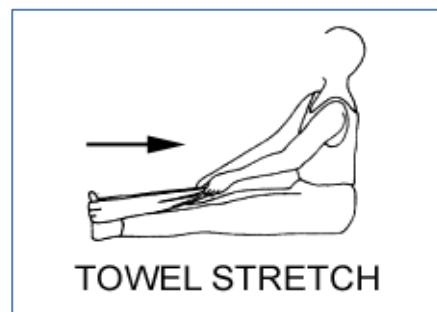
a)



Make sure your feet are pointing forward and your heels are on the floor.

Hold for 20 seconds both feet.

b)



Do not bend knee of leg to be stretched. Make sure the towel is placed around the heel and not the ball of the foot.

Hold for 20 seconds both feet.

c)



Making sure you feel a stretch in your arch.

Hold for 20 seconds both feet.

2. Frozen water bottle



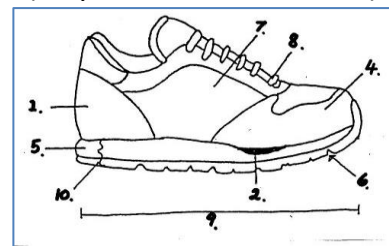
3. Medications - voltaren gel / deep heat

4. Ice and Heat packs

5. Massage

6. Supportive Footwear

- Firm enclosed heel
- Adjustable fastener
- Good shock absorbing sole (only flexes across the ball)



7. Orthotic device

- to correct structural abnormality
- reduce strain on plantar fascia

