

PLANTAR FASCIITIS

WHAT IS PLANTAR FASCIITIS?

Plantar Fasciitis is tendonitis of the plantar fascia. It occurs when there is overuse of the plantar fascia, resulting in pain and inflammation around the base of the heel. This condition often occurs in conjunction with over-pronation of the foot.



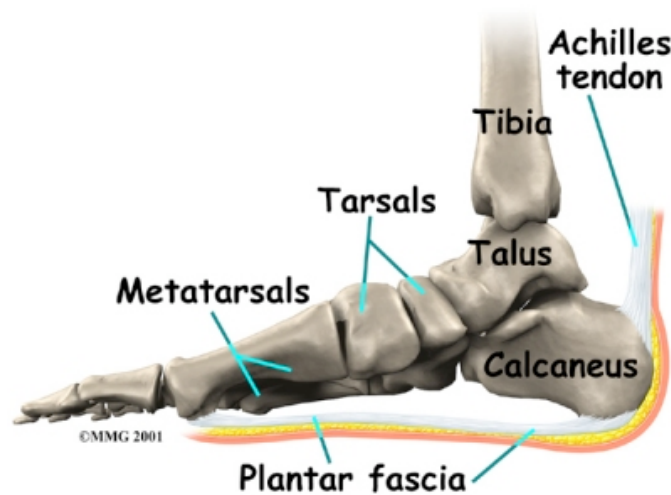
WHAT ARE THE SYMPTOMS OF PLANTAR FASCIITIS?

- pain & inflammation on the underside of the heel
- intense pain on the first few steps of the day
- pain decreases with movement, but then increases again after a prolonged time of use
- increased pain with walking on hard surfaces, in bare feet or up stairs, running, prolonged standing or walking, and after sitting or resting for a prolonged period of time



WHAT CAN I DO TO HELP IMPROVE MY CONDITION?

- Speak to your osteopath about whether they think orthotics would be appropriate for you. Bring your runners to your next appointment, so that your Osteopath can assess your wear patterns and foot mechanics.
- Avoid running or playing sport in old, worn out shoes.
- Non-Steroidal Anti-Inflammatory drugs, such as neurophen and voltaren can be helpful in reducing inflammation and provide temporary, short-term pain relief. Speak to your pharmacist about a suitable medication for you.
- Try and avoid use of the affected area, and avoid activities that you know will aggravate it, such as running. If you cannot avoid use of the area, then ice it afterwards to reduce inflammation. An ice cycle takes 30 minutes – 10 minutes ice on, 10 minutes ice off, 10 minutes ice on.
- Try alternative exercises, such as swimming, pool running, cycling, which are non-weight-bearing and will not aggravate the tendon further.



- Plantar Fascia stretch with Golf Ball: Place a golf ball underneath the affected foot, while you are seated on a chair, with your hips and knees at right angles. Roll your foot around over the golf ball. This massages & gently stretches the plantar fascia.
- Calf stretches – Gastrocnemius stretch: stand with leg in front, bent at the knee, and the other leg stretched out behind, with the knee straight. Hold for 30 seconds, then repeat with the other leg. To increase the intensity of the stretch, you can stand on a step and let your heel drop off the edge of it. Soleus stretch: (a smaller, deeper calf muscle), bend the back leg at the knee. You should feel a stretch lower in the calf muscle, closer to the heel. Hold for 30 seconds, then repeat with other leg.
- Surgery – this should be sought only as a last resort as it is expensive, often does not resolve the condition, and there is the risk of further complications developing, such as lowering of the arch and pain in the upper-outer part of the foot, caused by compression of the cuboid bone of the foot (one of the tarsal bones).