



Plantar Fasciitis

Pain on the bottom of your foot/heel, typically worse in the morning and with prolonged walking/standing.

The plantar fascia is responsible for preparing your foot to be a rigid lever for push-off during walking. Injury to this area is often a result of overuse and stress and there is often associated biomechanical dysfunction in the foot or calf muscles. Oftentimes a bone spur will form in this region due to the stress overload to the plantar fascia.

TREATMENT:

Treatment is aimed at reducing the inflammation and tension on the plantar fascia, restoring tissue strength and mobility and controlling biomechanical abnormalities. Initially any painful movements should be avoided and patients must initiate anti-inflammatory strategies (Rest, Ice, Compression, Elevation) and stretches for the 2 large muscles in their calf. Patients may require manual therapy techniques to restore normal biomechanics in the foot and in some cases orthotics are required. Once the symptoms are managed and the foot mechanics are restored, a progressive strengthening program should be implemented. On the backside of this page there are instructions for managing the initial symptoms of this condition. If symptoms persist for longer than 2 weeks, it is best to see a Physical Therapist to help manage this condition.

Notes:

1- Stretching plantar fascia - Repetition:3 / Hold:30



Sit with your injured foot placed across your other knee. Pull your toes up and massage the arch of your foot.

2- Plantar fascia release - Hold:30



Sit on a straight back chair with one foot on a tennis ball, the other foot flat on the floor and your back in a neutral position (slightly arched). Roll the ball under the arch of your foot from heel to toes.

3- Standing calf stretching - Repetition:3 / Hold:30



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Maintain the stretch and relax.

4- Standing soleus stretching - Repetition:3 / Hold:30



Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg. Maintain the stretch and relax.