

# Plantar Fasciitis



## What is it?

Plantar fasciitis is a painful condition in the sole of the foot, most commonly the heel. People with this condition dislike pressure placed on this area, but with the correct management and conservative treatment, plantar fasciitis can be resolved. A common symptom may be *ballerina toes*, this is when you need to tiptoe out of bed or on stairs as there is a lot of discomfort and tension when planting your heel on the floor.

## Plantar Fascia

This thick tissue lives in the sole of your foot, it helps pad the foot while also having elastic properties to help transmit the forces of the calf muscle. This is because the fascia is a continuation of the tissue in your calf and Achilles tendon. It helps to provide shock absorption, and allows for an even distribution of weight as you walk.

If too much demand is placed on the plantar fascia, it can become inflamed and painful. This can happen through increased activity such as hiking, or increased stretch on the soles of your feet when wearing unsupportive sandals in the summer.

## Things to Avoid

- During a flare-up, temporarily reduce weight-bearing activities like running and walking. Opt for cycling, yoga, or swimming which lessen the pressure on your feet.
- Sitting for long periods of time can result in tight calves, which then affect the achilles tendon and plantar fascia - remember to take breaks to stretch and hold the positions.
- Remember to be patient and consistent with your treatment and homecare.

\*It is important to address your footwear, especially if you often wear sandals, consider opting for lace up shoes with good arch support. If you currently have decent footwear, try different insoles to address support in your heel. Custom orthotics are a smart preventative measure. *Try our free foot scan at reception to determine the condition of your feet!*

## Exercises and Home Care

- (A) **Frozen Water Bottle Roller** - while seated, use a frozen bottled water under your foot to reduce inflammation and gently stretch the plantar fascia at once.



- (B) **Calf & Plantar Fascia Stretch** - place the toes on your affected foot on the wall, keep your heel on the floor. Keeping your knee straight, bring your hips towards the wall. You should feel a stretch in the back of your calf, hold this position. Repeat with the other leg.



- (C) **Standing Calf Stretch** - place both hands on the wall and stand with one foot in front of the other. Your feet should be a comfortable distance apart with your toes pointing forward. Keep your back leg straight and lean towards the wall while bending your front knee. You should feel the stretch in your mid calf.

