



## Plantar Fasciitis

### What is Plantar Fasciitis?

**Plantar fasciitis** is one of the most common sources of heel pain.

It is an overuse injury that often occurs due to poor load management and/or poor technique with exercise.

Your plantar fascia is a thick fibrous band of connective tissue originating on the bottom surface of the calcaneus (heel bone) and extending along the sole of the foot towards the toes.



Your plantar fascia acts as a passive limitation to the over flattening of your arch. When your plantar fascia develops micro tears or becomes inflamed it is known as plantar fasciitis.

### What Causes Plantar Fasciitis?

Plantar fasciitis is one of those injuries that can seem to appear for no apparent reason. However, it is typically caused by overuse, increasing stress on the plantar fascia. It can also be caused by trauma (less common).

There are various factors in your control that can be contributing factors or causes including, but not limited to; poor running/ walking technique, muscle imbalance/weakness, load management, non-ideal biomechanics, decreased muscle length and decreased balance.

There are also certain people/ conditions that increase the risk of plantar fasciitis including:

- Active people (with prior ankle injury or in certain sports)
- Overweight/ Obesity
- Pregnant women
- Increased time on your feet (e.g. certain jobs),
- Flat Feet or High Foot Arches

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# ORANGE PHYSIOTHERAPY

AND SPORTS INJURY CLINIC

- Age: Middle-Aged or Older
- Poor footwear
- Weak intrinsic foot muscles (arch supporting muscles)
- Certain types of Arthritis
- Diabetes



## What are the Common Symptoms of Plantar Fasciitis?

You will typically first notice early plantar fasciitis **pain under your heel** or in your **foot arch** in the **morning or after resting**.

Your heel pain will be **worse with the first steps** and **improves with activity as it warms up**.

## Prognosis- Will my Plantar fasciitis Pain get better?

In most cases you can have complete relief in pain from Plantar fasciitis, with conservative management. Although, in cases that are more chronic- such as greater than a year, or where there are multiple contributing factors this can take longer. Tailored treatments are often more useful than generic exercises and stretches.

## Will Pain management medications help?

Some people find relief from medications that reduce inflammation- talk to your doctor about whether medication is appropriate for you.

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## What can you do to Relieve Plantar fasciitis heel pain?

The following exercises may aid in reducing symptoms, and must be stopped immediately if they cause Pain

It is also important to stop all painful activities (relative rest), where practical, but continue to be active as much as you are able without pain.

<p>Roll a frozen water bottle up and down the arch of your foot</p>	
<p>Self - Massage under the arch of your foot with a ball or hands</p>	
<p>Calf Stretching (after movement/walking)</p> <ol style="list-style-type: none"><li>1. Straight knee</li><li>2. Bent knee</li></ol> <p>Hold for 30 seconds or longer</p>	

If you are still experiencing pain there are many other interventions that can aid in recovery and reduce pain which can be discussed with our physiotherapists if required. An individualised exercise program can aid in reducing / alleviating pain, increase function, and assist in returning to sport/ prior activity.

*\*\*\* This Form is GENERIC ONLY and does not replace medical assessment and individualised treatment. It is a guide only and will not be appropriate for all types of ankle/ foot injuries. STOP IMMEDIATELY if this increases your pain, and seek appropriate medical advice \*\*\*\*\**

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