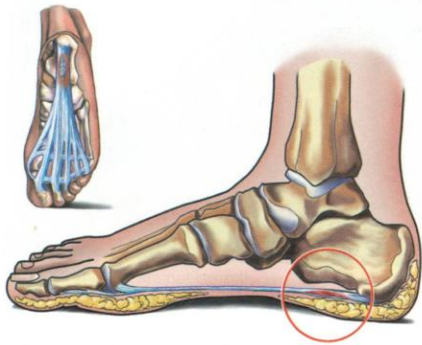


## **Plantar Fasciitis**

Plantar Fasciitis is a common reason for heel pain. The plantar fascia is a fibrous band of connective tissue in the sole of the foot that starts from the bottom of the heel and extends into the toes. Your plantar fascia helps to support the arch of your foot and absorbs shock when you walk or run. When this band of connective tissue develops micro tears or becomes inflamed it is known as plantar fasciitis. Plantar fasciitis is often caused by traction (stretching) forces. Simply put, your plantar fascia is being repeatedly over-stretched.

Plantar fasciitis can happen in people who have:



(e) Plantar fascia

- Flat feet or excessively high arches: When walking or running, the plantar fascia absorbs more shock than usual. This can strain it.
- Weak arch control muscles: When these muscles aren't supporting the arch, there is more stress on the plantar fascia.
- Play high impact or running sports, especially those who stand or run on their toes (e.g. runners, dancers and gymnasts).
- Are overweight. Excess weight puts more pressure on the shock absorbers of the body, one of which is the plantar fascia.

### **Treating Plantar Fasciitis**

Your Doctor may have some advice and medications to assist with pain and swelling. Your physiotherapist may ask questions about how the pain started and what activities you do in general living. Together you will come up with a management plan that may include gentle joint mobilisations of the foot, a stretching and strengthening program to do at home, taping or orthotic trials and education/advice about managing pain and swelling. Short term goals would focus on relieving symptoms while strength, flexibility and balance are developed. Long term goals would involve gradual return to activities that may have previously stirred the problem up. With a stronger body, better biomechanics and safer technique, most people make a full recovery.

**This resource is provided by Proactive Physiotherapy Ph: 40536222**

**It is intended for information purposes only and is not a substitute for medical advice, diagnosis or treatment.**