

PLANTAR FASCIITIS

What is it?



The plantar fascia is a band of connective tissue that runs along the sole of the foot from the heel to the ball of the foot, which helps to support the foot's arch. Plantar fasciitis is inflammation of this band of tissue, and can occur when the fascia is overstretched or overused. Any previous issues of the foot such as poor biomechanics of the foot or flat feet can also cause plantar fasciitis.

Plantar fasciitis is common in people who have just increased their activity level, or if their shoes are getting too old and worn and don't support the arch well enough. It is important that plantar fasciitis is treated early as if left untreated it can lead to growth of bone spurs under the heel severely impacting your physical activity or participation in sport.

Signs and Symptoms

- Pain on the underside of the heel
- Most painful with first steps in the morning or after long periods of rest
- Pain is usually worse when barefoot on hard surfaces and with stair climbing

How could a Physiotherapist help me?

- Provide you with stretches to relieve pain and targeted strengthening exercises to prevent future pain
- Correct biomechanics and flat feet with exercises and orthotics
- May provide strapping to support the arch of your foot to relieve pain
- Footwear advice to relieve pressure in your arch and stimulate the small muscles of the foot
- Provide advice to prevent reoccurrence of your injury
- Provide pain relief with heat, TENS and ultrasound

Hot Tips

- Wear supportive shoes. Avoid flat shoes, such as thongs, and going barefoot on hard surfaces.
- Replace shoes regularly, before they stop cushioning and supporting the feet.
- Warm up thoroughly before starting any activity or sport.
- Allow adequate recovery time after training.