

PLANTAR FASCIITIS

What is it?

A term to describe pain on the bottom of the foot, usually near the heel. It can be triggered by poor footwear choices or over-activity/improper training. The plantar fascia is a strong, fibrous band of tissue that supports and forms the natural arch of the foot. If strained, this tissue can become irritated and inflamed, and can be a terrible source of pain.



Common Symptoms

Pain on the bottom of the heel bone, and throughout the arch of the foot. Often people describe pain in the morning, notably the first few steps after getting out of bed. If the condition progresses, pain can be present throughout the day, and can lead to an inability to walk for even short distances.

Potential Causes

- Flat feet (“pes planus”) and over-pronation
- Tight calf muscles
- Prolonged standing
- Poor footwear choices

What can you do at home?

- Roll your foot over a frozen water bottle, a soup can, or a golf ball
- Wear proper, supportive shoes
- Pull your toes up towards the front of your shin (hold 10 seconds), then curl your toes towards the floor (hold 10 seconds). Repeat this 3-5 times, and perform throughout the day.
- Pick up small objects with your toes to strengthen the muscles of your arch.

