

Plantar Fasciitis and Heel Pain

What is plantar Fasciitis?

It is a painful inflammation of the bottom of the foot between the ball of the foot and the heel.

What causes the pain?

The pain is caused by a traction injury with some inflammation of the tissues of the heel and the underside of the foot.

This pain typically occurs first thing in the morning after you get out of bed and you place your foot flat on the floor. The initial pain occurs as you stretch the plantar fascia and usually lessens with more walking.



Risk factors to developing plantar fasciitis?

- Overweight
- Sedentary lifestyle

- Reduced ankle movement
- Flat shoes
- Foot posture
- Sudden change in physical activity

How is it treated?

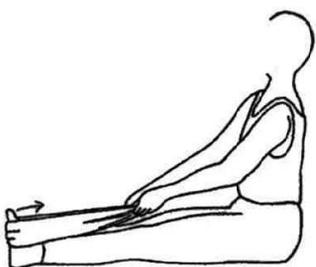
It is important to work with your health care provider to identify the cause of your plantar fasciitis for the correct treatment to be identified for you

- Consider POLICE principle (see additional information leaflet)
- Avoid high impact activity
- Wear shoes with shock absorbing soles and arch support
- Get advice on if insoles could be helpful for you
- Stretching exercises for Achilles tendon and plantar fascia
- “hands on” Physiotherapy treatment including massage or acupuncture
- Your healthcare provider may recommend anti-inflammatory medication

Plantar Fasciitis Exercises

Try and perform the following exercises twice a day. Never push through pain and stop if you have any increase in symptoms for longer than 20 minutes following completing the exercises

1. Calf stretch



Towel stretch

Place a towel round the bottom of your foot

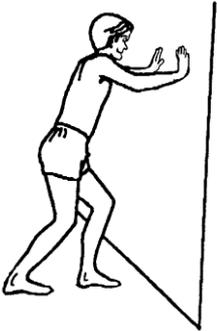
Keep your knee straight and pull your foot towards you

Hold for 20 seconds

Repeat 4 times for each foot

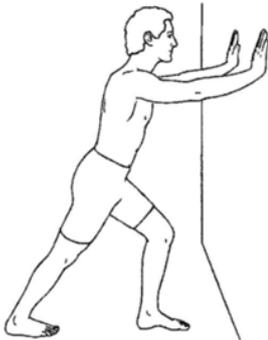


2. Calf and Achilles stretch



Stand facing a wall place both hands on the wall
Step feet apart with toes pointing towards the wall
Bend both knees and keep your heels on the floor
Hold for 20 seconds Repeat 4 times
Swap which foot is stepped back and repeat

3. Calf and Achilles stretch



Stand facing a wall place both hands on the wall
Step feet apart with toes pointing towards the wall
Bend the front knee keep the back leg straight. Lean into the wall and keep your heels on the floor
Hold for 20 seconds Repeat 4 times
Swap which foot is stepped back and repeat

3) Achilles and plantar fascia stretch on stairs



Hold the stair rail for support and position your feet
So one heel is off the step
Transfer your weight onto this foot keeping the knee
Straight on this side
Continue until you feel a stretch in your calf
Hold 20 seconds Repeat 4 times on each foot



If you have any questions about a recent injury, would like a personalised exercise program written for you or advise on injury prevention strategies specific to your sport please do not hesitate to contact us either by completing the contact form online, by email or telephoning **0191 2656688** or **07526157458** to book an initial appointment

This information contained in this leaflet is for general advice purposes only. It should not be relied upon as a basis for planning individual medical care or a substitute for specialist medical advice in each individual case. It is strongly recommended that if you have sustained an injury you need to seek appropriate medical attention so a full assessment and appropriate investigations to be carried out.