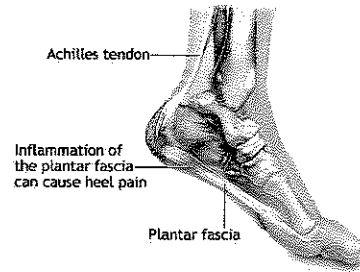




PLANTAR FASCIITIS

Plantar fasciitis is a common, painful foot condition and occurs because of irritation to the strong and tight tissue that runs from the heel bone to the ball of the foot, which helps maintain the arch of the foot.

Symptoms of plantar fasciitis are typically worse early in the morning after sleep, as the arch tissue is tight. On stretching the fascia by walking the pain usually subsides, but often returns with prolonged standing or walking.



Plantar fasciitis can be linked with a rapid gain of weight, increased walking or running or abnormal arches of the foot. In athletes, it is thought that the repetitive nature of the sports causes the damage to the fibrous tissue that forms the arch of the foot.

What is the treatment of plantar fasciitis?

Treatment of plantar fasciitis is with short-term rest and controlling the inflammation. Here are the steps patients should take in order to relieve their plantar fasciitis:

Rest

Just resting usually helps to reduce the most severe pain, and will allow the inflammation to settle.

Apply ICE

Icing will reduce symptoms and control the heel pain especially after an acute exacerbation.

Exercises and Stretches

Exercises and stretches are designed to relax the tissues surrounding the heel bone. You can combine both ICE and stretching of fascia by rolling your foot over a cold can in the morning.

Anti-Inflammatory Medications

Such as Ibuprofen or Voltarol can help to both control pain and decrease inflammation.

Shoe Inserts / Orthotics

Shoe inserts often permit patients to continue their routine activities without pain.

PLANTAR FASCIITIS REHABILITATION



Frozen can roll

Roll your bare injured foot back and forth over a frozen juice can.

Repeat for 3 to 5 minutes.

This exercise is particularly helpful if done first thing in the morning.

Stretching Exercises - Loosen tight leg muscles, making it easier to walk, run and jump.

Hold each exercise for 20 seconds at a gentle stretch

10 repetitions per exercise twice a day



Calf (gastrocnemius) Stretch

Stand with your feet pointed forward

Keep your heels down and back leg straight.

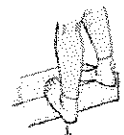
Slowly bend the front leg until you feel a gentle upper calf stretch in the back leg.



Heel (Soleus) Stretch

Stand with your feet pointed forward and heels down.

Slowly bend the back leg until you feel a gentle lower calf stretch along that leg.



Plantar fascia stretch

Stand with the ball of your injured foot on a stair.

Lower the heel until you feel a stretch in the arch of your foot.

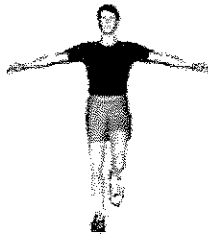


Balance

- As soon as you can stand without pain, try the balance tests below.
- If you can't balance for ten seconds without wobbling, practice that level every day until you can.
- By improving your balance of the ankles you can reduce stresses through the ankle and the plantar fascia.

Balance on your injured foot for ten seconds, do a least 6 repetitions per day

Your goal is to stand 60 seconds without losing your balance and then move to the next level



Level 1 - Arms out to your side, eyes open

Level 2 - Arms across your chest, eyes open

Level 3 - Arms out to your side, eyes closed

Level 4 - Arms across your chest, eyes closed

- Once you have passed level 4 you can make things more difficult by standing on a pillow or by using a wobble board and starting from level 1 again.

Strengthening Exercises

Try and do 10 repetitions per exercise twice a day



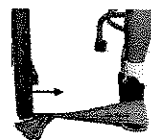
Towel pickup

With your heel on the ground, pick up a towel with your toes and then release. When this gets easy, add resistance by placing a book or small weight on the towel.



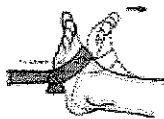
Resisted Eversion

Tie the band to a desk or dresser. Sit with your foot and knee in line and loop the band over the outside of your foot. Push your foot out against the band.



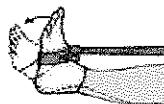
Resisted Inversion

Tie the band to a desk or dresser. Sit with your foot and knee in line, and loop the band over the inside of your foot. Push your foot in against the band.



Resisted Dorsiflexion

Tie the band to a desk or dresser. Sit with your leg straight and loop the band over the top of your foot. Slowly pull your foot back against the band.



Resisted Plantarflexion

Sit on floor and hold the band in hand. Sit with your leg straight and loop the band over the top of your foot. Slowly pull your foot back against the band.

When can I return to my normal activities?

Everyone recovers from an injury at a different rate. The above measures alone will cure the plantar fasciitis pain in most patients, with relief of symptoms within about three months, and over 90% will have relief within one year. If the pain does not resolve you may need to wear either night splints or require a steroid injection to decrease the inflammation of plantar fasciitis. If symptoms still do not resolve after 9 months of conservative measures including stretches then surgery may be considered. To prevent recurrence it is important to continue the stretching and exercises.