

Plantar Fasciitis

Plantar fasciitis is pain on the bottom of the heel and sometimes extends into rest of the foot, towards the toes. People often describe the pain as worse when first getting out of bed or when walking after a period of rest.

Plantar fasciitis is thought to be caused by repetitive stretching of the plantar fascia which results in micro tears. As tears are not from a single injury, the fibres do not heal in a usual way, instead fibres become chronically inflamed.

The repetitive pulling on the plantar fascia can cause formation of bone spur on the heel. More often than not, this spur is not the cause of the pain, but rather the result of the condition.



Causes:

Plantar fasciitis is caused by straining part of your foot that connects your heel bone to your toes (plantar fascia). It is not always clear as to why this happens.

You may be more likely to get plantar fasciitis if you:

- Recently started exercising on hard surfaces
- Exercise with a tight calf or heel
- Overstretch the sole of your foot during exercise
- Recently started doing a lot more walking, running or standing up
- Wear shoes with poor cushioning or support
- Are very overweight

Symptoms:

Plantar fasciitis causes pain in your heel. It's usually worse when you take first steps in the morning or after you've been sitting for a long time. It tends to feel better with activity but worse again after you spend a long time on your feet.

Treatment:

Plantar fasciitis can be treated conservatively. Here are some methods and exercises to try:

- 1) You may require some inserts of your shoes to be made by a podiatrist, your doctor or physiotherapist may advise you on this.
- 2) Take a small round plastic bottle and fill it with water. Put into freezer until frozen, Put the bottle on floor and roll your foot over it, pushing down slightly. Do approximately 5-10 minutes 3-4 times a day.
- 3) A Physiotherapist can also help you with plantar fasciitis. They may use ultrasound or kinesio-tape for your foot. They may also aid with stretching your plantar fascia.
- 4) Your physiotherapist/ doctor will be able to advise you on possibility or need for corticosteroid injection where deemed necessary.

Exercise considerations:

- Do all the exercises within pain free limits, stretch pain is common with exercises and that should ease off within 30 minutes-1 hour after having done the exercises
- Post exercise soreness is quite common and could be felt up to 48 hours after having done the exercise regime. This should get better as you continue with the regime over time
- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapist.