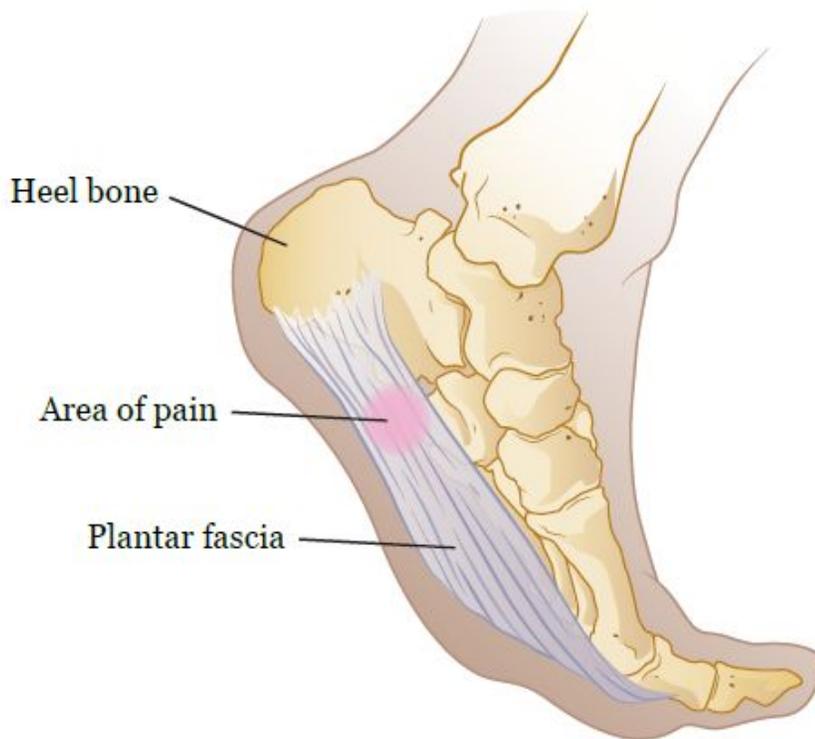


Plantar Fasciitis

What is Plantar Fasciitis?

Plantar Fasciitis is a common condition caused by inflammation of the plantar fascia. The

plantar fascia is a fibrous sheet in the sole of the foot that helps maintain the arch.



What are the symptoms?

- Heel pain

When is this symptom present?

In the morning or after rest (intervals of prolonged sitting). It is worsened by long periods of time spent on the feet (at the end of the day).

What are its causes?

- **Constant stress-** *common to people who spend a lot of time on their feet.*
- **A recent weight gain**
- **Tight Achilles Tendon-** *this places stress on the heel.*

- **Recent change in activity (e.g. exercise routine)**- *Changes can include: an increase in mileage or even running on different surfaces.*
- **Inadequate footwear**- *footwear that doesn't provide suitable cushioning and protection.*
- **Rheumatic conditions**- *People suffering from rheumatoid arthritis or ankylosing spondylitis are prone to inflammation elsewhere.*
- **High arched or flat feet**- *People with high arched feet are less efficient in absorbing impact while walking.*

Heel spurs (bony prominences on the heel) **do not** cause plantar fasciitis, however, are more common to those who have the condition.

What are the treatments?

1. **Non-steroidal, anti-inflammatory drugs (e.g. Ibuprofen and Nurofen)**- *Ask for advice from a doctor or pharmacist beforehand.*
2. **Suitable footwear**- *This includes shoes with extra cushioning. **Do not** walk barefoot or on hard surfaces.*
3. **Orthotic devices**- *This includes arch support and or heel cushions (e.g. gel heel pads).*
4. **Exercises and stretches (please refer to the next page)**
5. **Night splints**
6. **Cast application**

The majority of people will have resolved their symptoms with this treatment, although this can take up to 18 months. Occasionally, symptoms return and treatment becomes necessary again.

It is very rare that surgery is required and there are many risks relating to this, such as: infection, ongoing pain, and nerve damage (leading to tingling and numbness). In addition, division of the plantar fascia can result in a flat foot.

Exercises

- Stand at an arm's length facing a wall. Place one foot in front of the other, keeping your back knee locked and your front knee bent. Keep both heels on the ground throughout the stretch. Hold the stretch for 15 to 30 seconds and release, repeat three times. Then, reverse the position of your legs and repeat. **This stretch needs to be done 6 times a day**



- Stand facing a wall, and slowly press your toes against the bottom of the wall. Bend your knee toward the wall until you feel a comfortable stretch. Maintain the position for 30 seconds and relax. Repeat this 8 times. **This stretch needs to be done 5 times (daily).**



- Sit on a chair, with a roll under the arch of your foot (you can use a rolling pin or cold drinks can). Slowly roll your foot forwards and backwards, the

can rolling from the heel to the ball of your foot. Continue this for 4 minutes. Once you feel comfortable with this stretch, you can perform it while standing. **This stretch needs to be done at least twice a day.**



- Stand on a step- support yourself only on the front of your feet, keeping your knees straight (locked in). A moderate stretch in your calf muscles should be felt. Hold this for 15 seconds. Repeat this 6 times. **This stretch needs to be done 6 times a day.**

