

PLANTAR FASCIITIS

Plantar Fasciitis is an inflammatory condition of the thick, ligament-like structure on the bottom of the foot known as the Plantar Fascia. Plantar Fasciitis can be caused by many factors that lead to overuse and stress on the plantar fascia. These include running, walking, standing, flat feet, high-arched feet, obesity, sudden weight gain, pregnancy, increased activity, improper shoes, tight calf muscles, and many more. Plantar Fasciitis may also be known as a heel spur. This is because Plantar Fasciitis can sometimes lead to the formation of a spur on the bottom of the heel. Research has now shown that the soft tissue inflammation of the plantar fascia is the actual cause of the pain and the heel spur

As part of your treatment for Plantar Fasciitis you will be asked to perform daily stretching and icing techniques to help you reduce the pain and inflammation and improve flexibility. The stretching and icing techniques are as follows:

Icing:

- Icing should be performed at least 2-3 times daily for 20-30 minutes at a time.
- Tip - when icing, you should be able to comfortably watch TV or read - use one to two layers of a towel to insulate the skin from the ice pack as necessary.
- Technique 1- place a bag of ice, or frozen vegetables (peas or corn work well) on the floor, cover with a towel, then rest your heel onto the bag for 20 - 30 minutes.
- Technique 2 - freeze a water bottle and then roll the frozen water bottle

Stretching:

- Stretching should be performed first thing in the morning **before** you even get out of bed, as well as 2-3 times through out the day once you are up and on your feet
- Multiple techniques are given - do the morning stretch without exception and pick one or two of the daily techniques that work best for you.
- Alternate the stretches for right and left - it is recommended that you stretch both sides, even if you only have symptoms on one side.

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MORNING STRETCH

First thing in the Morning - sit up, bend your knee so it is easy to reach your foot and grasp the bottom of your toes with your hand. Pull **both** the toes **and** the foot towards the shin bone and hold for 15-30 seconds. Repeat two times. You should feel an even stretch within the arch of your foot and along the Achilles tendon.

DAILY STRETCHES

Scan the QR code to watch a video of the proper foot stretching techniques at foothealthfacts.org.



foothealthfacts.org



Sit on the floor or a chair. Wrap the middle of a band or towel around your foot. and hold each end in your hands. Keep the knee straight and pull towards you until you feel a stretch in the arch and calf. Hold for 15-30 seconds and repeat 2-4 times.

TOWEL ANKLE STRETCH

Stand about two feet away from a wall, placing your hands at eye level. Step forward with the foot you want to stretch so that the ball of the foot is on the wall and the heel is still on the floor. Lean forward holding for 15-30 seconds. Repeat 2-4 times



RUNNERS STRETCH



Stand on the edge of a step with the balls of your feet with the heels hanging off. Slowly lower your heels until you feel a gentle stretch. Hold for 15-30 seconds and repeat 2-4 times. Hold a banister for balance and safety.

PLANTAR FASCIA
CALF STRETCH