

Plantar Fasciitis

Plantar fasciitis is more common in runners. People who are overweight and those who wear shoes with inadequate support also have an increased risk of plantar fasciitis.

The onset is usually progressive, appearing at first as an intermittent, mild pain in the heel. The pain can gradually become more severe and constant. You will usually notice the pain first thing in the morning when you stand or after practicing sports.

The plantar fascia is a thick fibrous band on the bottom of your foot that supports the arch. Overuse of the plantar fascia can lead to pain and inflammation. Because it is not easy to reduce weight bearing on the foot this condition can easily become chronic.



Common causes of plantar fasciitis:

- Excessive weight load on the foot due to obesity or prolonged standing
- Mechanical imbalances of the foot
- Sudden increase in activity
- Tight calf muscles
- Poorly fitting footwear

Symptoms

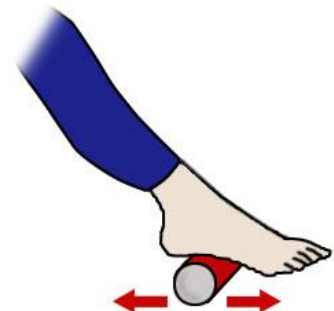
- Pain in the heel and along the arch
- Pain when you stand up and walk for the first time in the morning; pain usually lessens after walking for a period of time.
- Sharp pain in the center of the heel after resting for a period of time and then resuming activity.

Pain

Give your feet a rest. Cut back temporarily on activities that make your foot hurt. Try not to walk or run on hard surfaces. In order to decrease the amount of weight on your foot you may need to use a cane. You can buy at the drugstore, an arch support to put into your shoes. It helps reduce the tension in your fascia and the pain.

Ice

Apply ice by rolling the sole of your foot over a frozen 500ml bottle of water or simply lay your foot on the bottle for 10 to 15 minutes. You may also use a bag of frozen vegetables or crushed ice.



Exercises:

It is normal to feel discomfort and pain after the exercises. The pain should not persist later than 20 minutes after the exercises.

If an exercise increases the pain, reduce the intensity or the number of repetitions. The important thing is to go gradually.

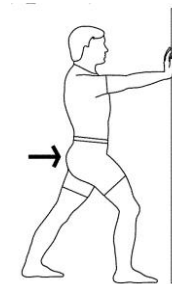
Sitting on a chair with a tennis ball under your foot. Roll the ball under your foot to massage it, by applying a little pressure on the ball.

Roll it for 2 to 3 minutes, a few times in the day.



Stand facing a wall. Place your hands on the wall. Put your good foot in front and your bad foot behind. Keep your back foot in contact with the floor and transfer your weight forward by bending your front knee until you feel a stretch in the calf.

**Hold the position for 20 to 30 seconds.
Repeat 3 times, twice a day.**



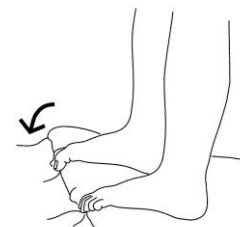
Sit with your legs stretched out, a belt around your big toe. Pull the belt toward you.

**Hold the position for 20 to 30 seconds.
Repeat 3 times, twice a day.**



While sitting, place a towel on the floor and scrunch the towel toward you with your toes.

Do 10 to 20 repetitions, twice a day.



Stand, hands on the back of a chair, raise your body up onto your toes.

Do 10 to 20 repetitions, twice a day.

