

How To

Prevent / Treat Plantar Fasciitis

COMMON CAUSES

Tight calf muscles or tight/stiff ankle muscles
Wearing inflexible or worn out shoes.
Very low or high arches.
Being overweight.
Spending long hours on your feet.
Repetitive strain injury to the ligament in the sole of the foot

PREVENTION TIPS

Tip #1: Take care of your feet. Wear shoes with good arch support and heel cushioning. If your work requires you to stand on hard surfaces, stand on a thick rubber mat to reduce stress on your feet.

Tip #2: Do stretches. Especially for the Achilles tendon and Calves

Exercises

1. Stand facing a wall with your hands on the wall at about eye level. Put the leg you want to stretch about a step behind your other leg. Keeping your back heel on the floor, bend your front knee until you feel a stretch in the back leg. Hold for 15 to 30 seconds. 2 to 4 times.

Repeat the exercise with the back knee bent a little, still keeping your back heel on the floor. This will stretch a different part of the calf muscles.

2. Sit in a chair, and extend your affected leg so that your heel is on the floor. With your hand, reach down and pull your big toe up and back. Pull toward your ankle and away from the floor. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times, several times a day.

TREATMENT

- 1.** Make sure you have the proper shoes and orthotics
- 2.** Reduce activity. Overuse is often a contributing factor
- 3.** Reduce Inflammation. Freeze a water bottle and roll it under your foot for 10 minutes at the end of the day
- 4.** Roll a ball (golf, tennis, Lacrosse) back and forth under your foot for several minutes 3-4 times a day
- 5.** Keep stretching focusing on the Achilles/Calves
- 6.** Strengthen the arch muscles. This will reduce the strain on the ligament and serves as treatment and prevention

Exercises

- 1.** Place a towel on the floor, grab the towel with your toes and pull it toward you
- 2.** Put marbles on the floor next to a cup. Using your toes, try to lift the marbles up from the floor and put them in the cup