

Exercises

The stretches should be held for 20-30 seconds and repeated 5 times. The stretches are best done when the muscles are warm.



Stretch foot using a rolled up towel.



Stretch foot over step.



Gastrocnemius stretch



Roll foot over rolling pin or metal can.



Soleus stretch



Foot stretch

Plantar Fasciitis



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What Is Plantar Fasciitis?

Plantar fasciitis is a condition that occurs causing pain in the heel or arch of the foot.

The plantar fascia is a band of tissue that runs along the bottom of the foot, from the heel to the toes. It acts like the string of a bow helping to prevent the arch from collapsing.



Injury often occurs through repeated minor trauma, such as walking or running, with poor foot control which causes inflammation and pain.

Causes

- Weak foot muscles
- Tight Achilles tendon
- Flat or high arches
- Poor shoe support
- Sudden increase in activity level
- Sudden increase in weight
- Pregnancy

Symptoms

- Pain in the heel or arch of the foot when putting weight on the foot
- Pain that is worse, first thing in the morning or after a period of rest
- Pain when standing on tip toes

Diagnosis

Diagnosis can be made by a doctor or Physiotherapist from the history and an examination. Investigations are not usually required.

Treatment

Initially it is best to rest and apply ice after exercise or aggravation.

It is recommended that you see your Physiotherapist or Doctor to get a full assessment and they can advise you on the following treatments:

- Rest- reduce stress through foot by reducing weight and avoiding high impact activity on hard surfaces
- Ice - wrapped in a damp tea towel, apply for 10-15 minutes
- Anti-inflammatory medication- see your GP or pharmacist
- Identify the causes and prescribe orthotics or a change in shoes or training if required
- Tape the foot to decrease the stress through the plantar fascia or to support the arch
- Exercise- some are given in this leaflet but see your physiotherapist for further exercises
- Ultrasound
- Steroid or local anaesthetic injection
- Surgery (rare)