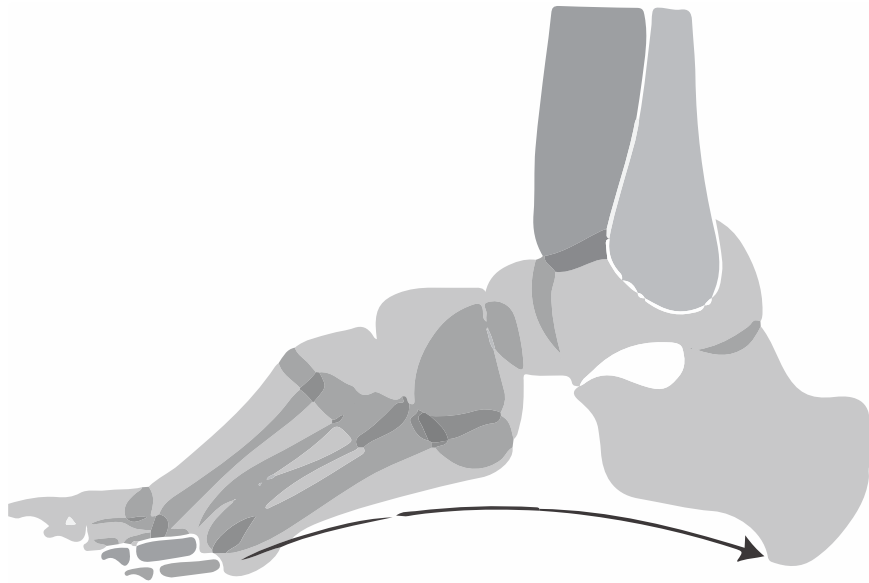




wellbeing | fitness | performance



# PLANTAR FASCIITIS

---

READ THIS FOR INFORMATION ABOUT THE MOST COMMON CAUSE OF PAIN UNDER THE HEEL AND ARCH & BOOK TO SEE **MHEALTH'S** FOOT DOCTOR TODAY

## Plantar fasciitis, What is it?

The plantar fascia is a 4mm thick band of tissue that attaches from the heel to the toes. It stretches with every footstep to support the arch. Over stretching the arch due to foot shape, unsupportive footwear or increased activity, strains the fascia, causing it to swell and shorten at rest.

On standing after rest, the contracted fascia pulls at the heel bone where it attaches. This causes sharp, burning pain on the inside of the heel especially getting out of bed in the morning or after walking long distances.



## Who gets it?

1 in 10 of people will be affected during their lifetime, 1 in 3 will get it in both feet. Those who are overweight, have flat feet, stand over 8 hours a day, runners and people over age 40 are more likely to develop it.

## What treatments are available?

Plantar fasciitis can go on its own but it can take up to a year and a few cases can go on for longer. Treatment aims to reduce arch movement, stretch and reduce swelling in the fascia and relieve pain. Its most effective if you do ALL the things advised in this leaflet

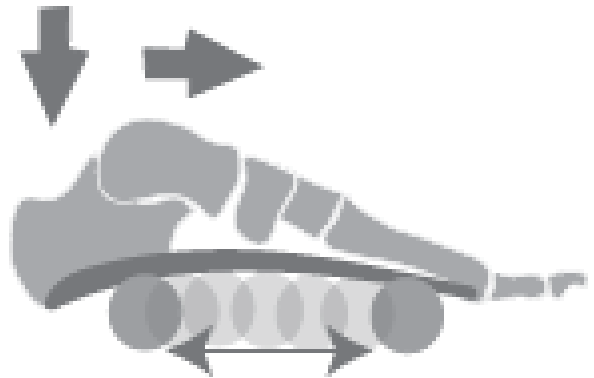
- 1 Footwear:** Shoes or trainers with a fastening and thicker soles stop the arch overstretching (see 'Choosing Shoes' article by mhealth). Avoid slip on shoes, slippers or sandals for over 5 minutes of walking or standing, including indoors. If you are given insoles to rest the arch, wear them in the shoes we advise.

- 2 Massage:** Pull the toes back towards the shin until you feel a stretch in the arch of the foot. You can usually see the fascia stick out. Use the thumb to massage as hard as you can along the length of the fascia.

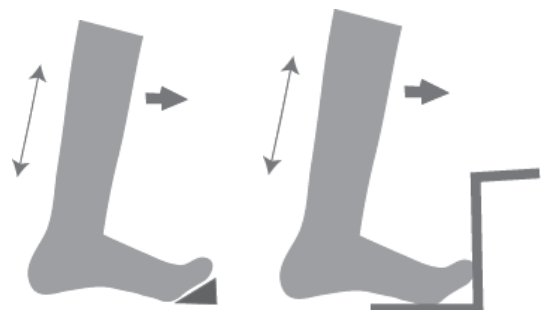
Try to do this for 2 minutes, and then use a roller/ball for a further 5 minutes, 2-3 times a day.



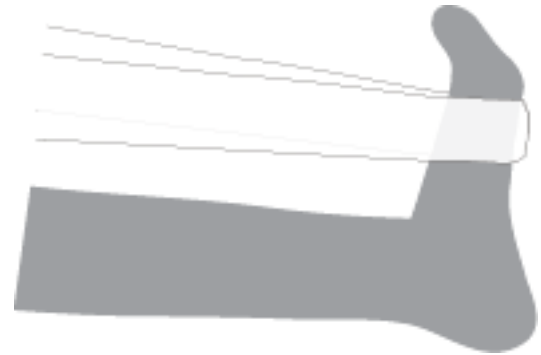
- 3 Massage roller:** You can buy spikey balls from mhealth or use a household item such as a squash ball or small bottle of frozen water. Sit on a chair with your knee bent and foot flat on the ground. Press on the roller as hard as bearable and roll backward and forward under the arch.



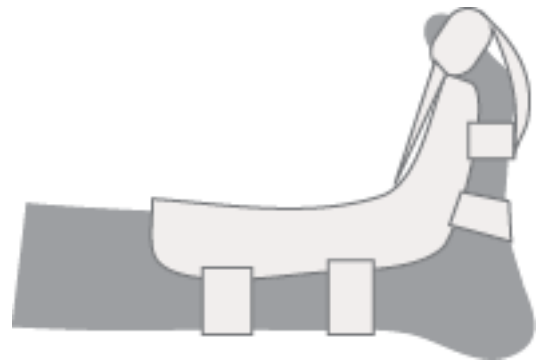
- 4 Standing stretches:** Wedge up the toes by placing something underneath them or brace the toes against a step so they are held upwards. Lean forward to stretch the calves and fascia. Hold stretch for 30 seconds 2 or 3 times. Do this after activity when the muscle is warm.



- 5 **Towel stretch:** Before you get up in the morning, use a towel to stretch the foot up. Loop it under the ball of the foot and pull upwards for 30 seconds, 2 or 3 times.



- 6 **Night splint:** Splints worn at night prevent the fascia from swelling and contracting. You may need to sleep in them for up to 12 weeks. A variety are available on-line and cost \$50 +



### ► **Are there alternatives treatments available?**

Severe suitable cases may respond to arch taping (see 'Low Dye Strapping' leaflet)  
To avoid chronic complications contact us