## OVERVIEW

The plantar fascia is a fibrous tissue that connects the heel to the base of the toes. When inflamed, it causes pain in the heel of the foot. Tends to be most noticeable in the morning at waking.

Plantar Fascia

Heel Bone

Inflammation/Tearing of the Plantar Fascia

Healthy Foot   Plantar Fasciitis
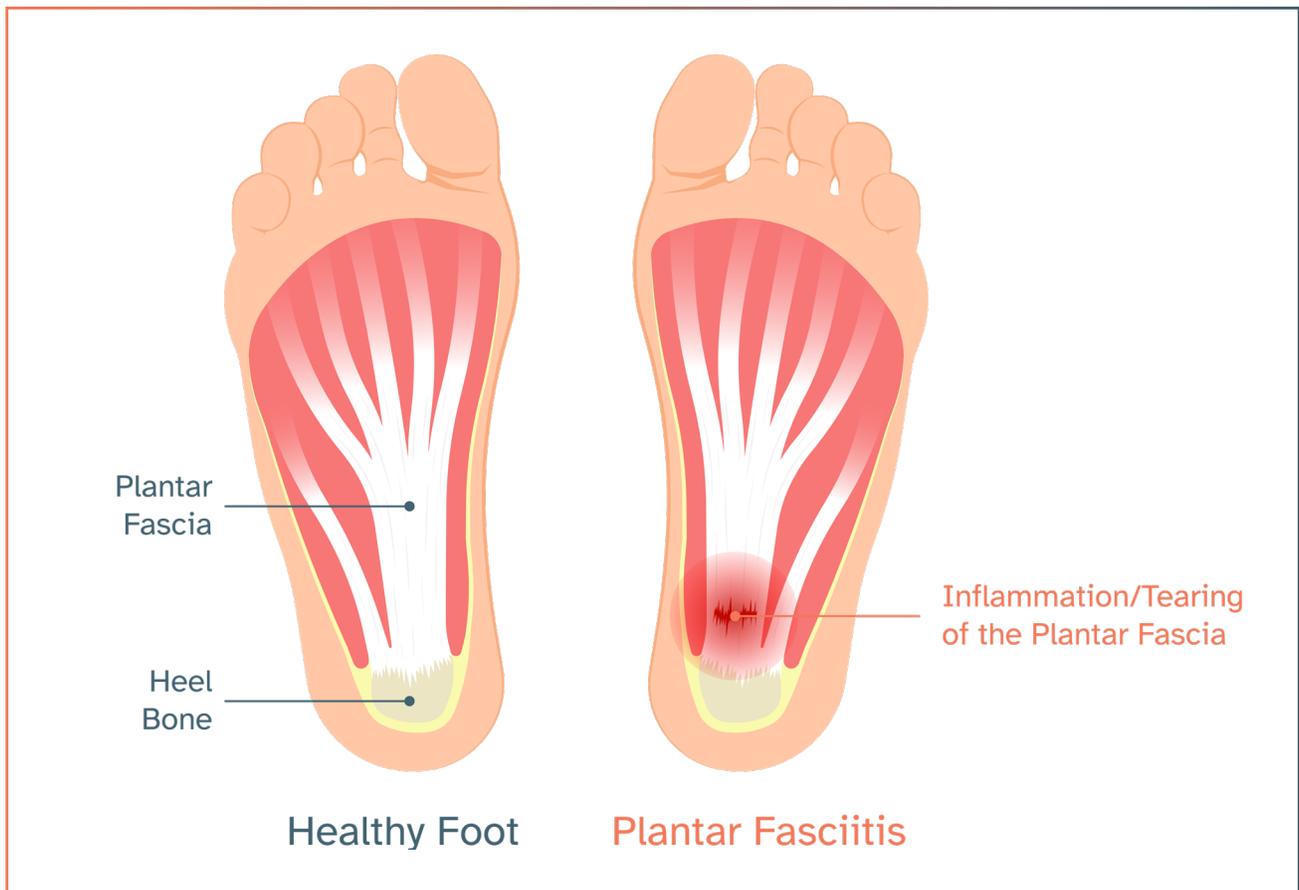
CAUSES OF PLANTAR FASCIITIS

Typically, Plantar Fasciitis is an overuse injury caused by running, walking, or hours standing.

Obesity can be a contributing factor, placing excessive weight (on the heel of the foot).

SYMPTOMS OF PLANTAR FASCIITIS

- Sharp pain in the bottom of the foot near the heel.
- Heel pain after exercise.
- Pain most noticeable in first steps after waking.

TREATMENT FOR PLANTAR FASCIITIS

- Rest
- Cold Therapy
- An over the counter anti-inflammatory such as ibuprofen can help relieve swelling
- Stretching the calf muscles to improve flexion of the ankles can alleviate symptoms
- Orthotics for flat feet and high arches can be used

EXERCISE 1: Calf Stretch with Towel Roll

Instructions:

Begin in a standing upright position, with the front of one foot resting on a towel roll.

Step forward with your other leg, keeping your back knee straight. Shift your weight forward until you feel a stretch in your calf.

Make sure to keep your back knee straight during the stretch.

EXERCISE 2: Seated Plantar Mobilization with Small Ball
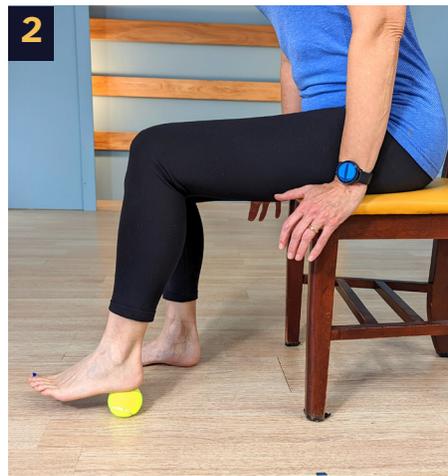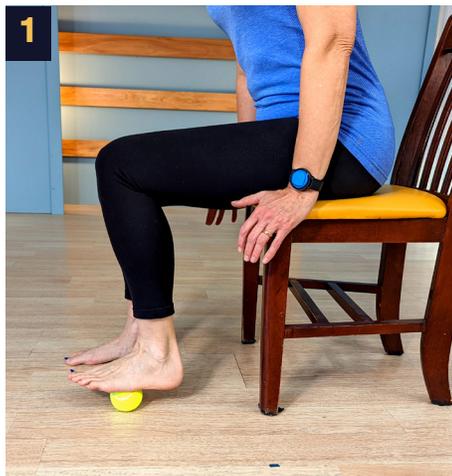
Instructions:

Begin sitting in a chair with your foot resting on a small ball.

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

Make sure to use just enough pressure that you feel a stretch but no pain.

Important:
The therapeutic exercises described on this page are for reference purposes only and may or may not apply directly to your condition. Only perform the exercises assigned by your physician. By using this information, you understand the potential risks connected with activity in any exercise, physical fitness or training program.