

Plantar Fasciitis (fashee-EYE-tiss)

What is it?

The plantar fascia is a band of fibrous tissue that runs along the bottom side of your foot that supports your arch. When you have fasciitis, it means that the band is inflamed and irritated.

Anatomy:



Causes:

There are numerous factors that can cause plantar fasciitis. Tightness of the foot and calf, shoes that don't fit or have poor stability, increasing your distance in running, low arches, flat feet, high arches, if you're overweight, or if you have a job that requires a lot of walking or standing on hard surfaces.

Signs & Symptoms:

The most common sign is pain with your first steps out of bed in the morning. It's an overuse injury affecting the sole (plantar) of the foot. The condition starts gradually with mild pain at the heel bone. You're more likely to feel it after (not during) exercise.

Treatments:

If you don't treat plantar fasciitis, it may become a chronic condition. You may not be able to keep up your level of activity and you may also develop symptoms of foot, knee, hip and back problems because of the way plantar fasciitis changes the way you walk.

- Rest & Ice (try to keep weight off your foot until the inflammation goes away)
- Arch supports or orthotics
- Better supportive or higher quality shoes
- Night splints
- Stretching your Achilles tendon and plantar fascia are key!

Exercises:

Dorsiflexion: Resisted

Facing anchor, tubing around foot, pull toward face. Repeat 15-20 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.

Plantar Flexion: Resisted

Anchor behind, tubing around foot, press down. Repeat 15-20 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.

Inversion: Resisted

Cross legs with affected leg underneath, foot in tubing loop. Hold tubing around other foot to resist and turn foot in. Repeat 15-20 times per set. Do 1-2 sets per session.
Do 1-2 sessions per day.

Eversion: Resisted

With affected foot in tubing loop, hold tubing around other foot to resist and turn foot out. Repeat 15-20 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.

Toe Curl: Unilateral

With foot resting on towel, slowly bunch up towel by curling toes. Repeat 10 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.

Plantar Fascia Stretch

Standing with only ball of foot on stair, push heel down until stretch is felt through arch of foot. Hold 10 seconds. Relax. Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

Soleus Stretch

Stand with foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 15-20 seconds. Repeat 10 times per set.
Do 1-3 sets per session. Do 1-3 sessions per day.

Gastroc Stretch

Stand with foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 15-20 seconds. Repeat 10 times per set. Do 1-3 sets per session. Do 1-3 sessions per day.

Toe Raise (Standing)

Rock back on heels. Repeat 10-20 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.