

ABOUT PLANTAR FASCIITIS

HISTORY

Plantar Fasciitis affects 10-15% of the population, and occurs most often with active individuals. Causes include:

- Prolonged or increased weight bearing activities (increased walking/running durations)
- Loss of ankle dorsiflexion
- Flat feet, excessive pronation
- Improper shoe fit

SIGNS & SYMPTOMS

- Heel pain with first steps in morning or after prolonged sitting
- Tenderness along medial heel
- Pain worse when walking barefoot on hard surfaces



ANATOMY

The plantar fascia is comprised of fibrous tissue that runs along the bottom of the foot from the heel to the toes. It supports the arches of the feet, and can carry 14% of the total load of the foot.



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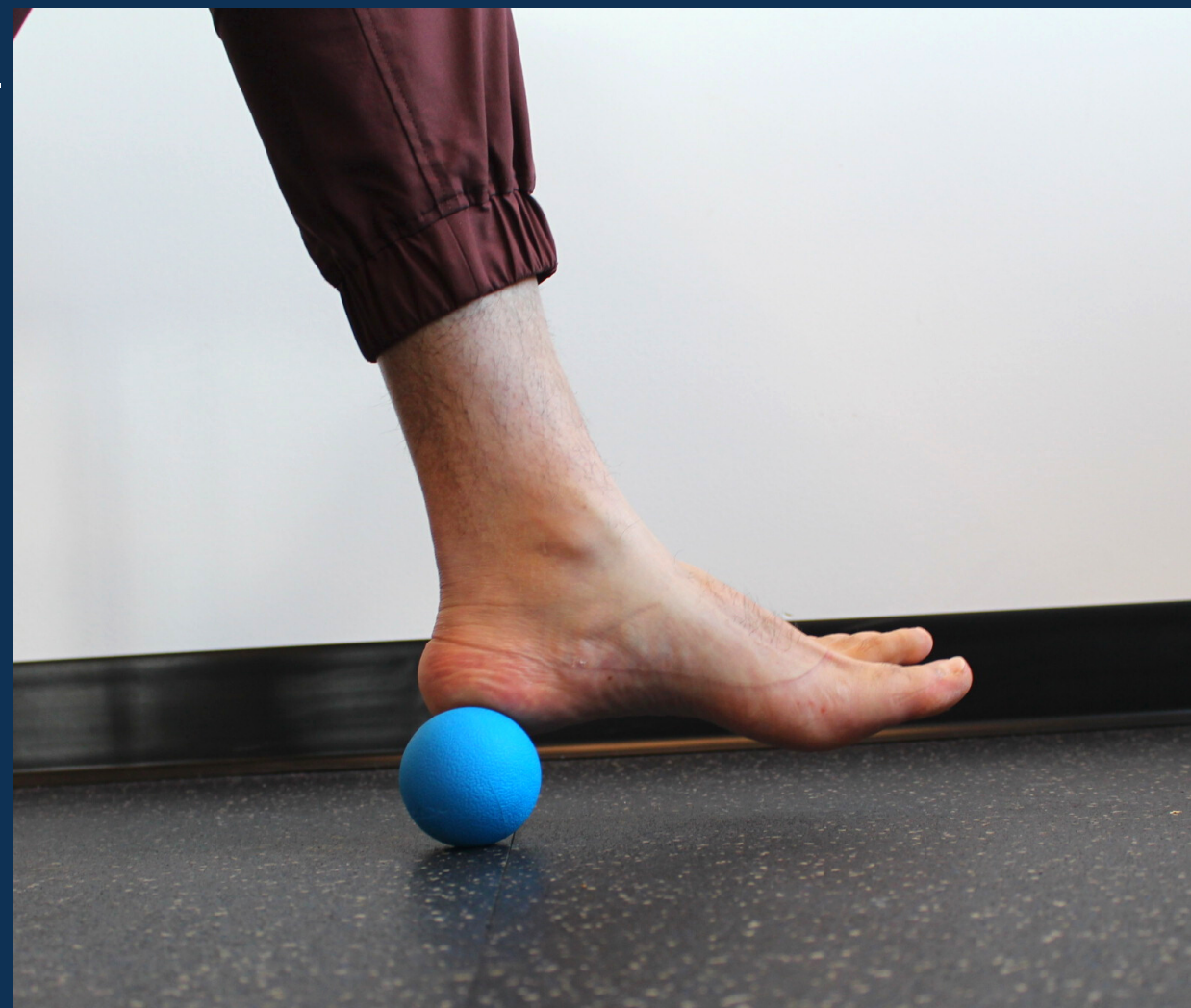
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1) Pain Management

Use **myofascial self-release** to target tightness in the bottom of your foot. Begin by placing your foot on a hard ball. Start at the heel, and progress towards your toes, pausing on areas that feel tender. Hold until soreness releases. Perform for 2-3 minutes at a time, and repeat as needed. This can also be done with a frozen plastic water bottle if your feet are sore.



2) Mobility

Begin by facing a wall, standing slightly away from it. Step forward with one foot so toes touch wall, then bend knee of the front leg, keeping the back leg straight and the heel in contact with the ground. You should feel a stretch in the calf of the back leg. Maintain that position for 30 seconds and repeat 3 times.



3) Strength

Perform **towel scrunches** to strengthen the intrinsic muscles of the feet. Place a towel on a smooth surface with your bare foot on top of it. Keeping your heel on the floor, pull the towel with your toes so that the towel scrunches under your foot. Repeat this until you cannot scrunch the towel further, and then smooth it out. Repeat 3 times until fatigue.



4) Functional/Sport

Start **squats** by standing with feet approximately hip width apart, bend the knees and hips to lower the body down, being sure to keep the heels on the floor and the back upright. Start by performing shallow squats and then progress to deeper squats, being sure to not let the knees cave inwards. Perform 3 sets of 8.

