

## Plantar Fasciitis

Plantar fasciitis is a painful condition, it is caused by excessive strain on the plantar fascia (thick band of tissue that runs under the arch of the foot). Strain mostly occurs around its attachment site in the heel. Some common causes can be:

- Acute injury
- Excessive weight
- Poor foot function or excess foot pronation
- Poor footwear

The most effective solution to Plantar Fasciitis is to treat the cause of the problem i.e. by correcting abnormal foot mechanics with orthotic insoles.

**Orthotics** control over-pronation and support the arches. They help release the tension on the plantar fascia, thereby treating the cause of the problem and allowing the inflamed tissue to heal much faster.

Podiatrists offer specific advice regarding the various orthotic options available and what is most appropriate for each individual.

**Other treatment methods may include:**

**Ice:** Applied onto the heel area as advised by your Podiatrist.

**Rest and reduced activity:** If not enforced the continuous pulling and stress to the fascia will lead to aggravation of the condition and may lead to the development of a bony growth on the heel (a heel spur).

**A program of daily exercises:** The exercises help make the muscles and tendons in the feet and legs longer and more flexible. In turn this will reduce the tension on the plantar fascia.

**Footwear advice:** Shoes specifically designed to prevent plantar fascia



stress have been developed. These shoes aim towards maintaining the arch of the foot and providing adequate shock absorption, whilst encouraging efficient movement throughout the gait cycle. These can offer control through limitation of the degree of pronation.

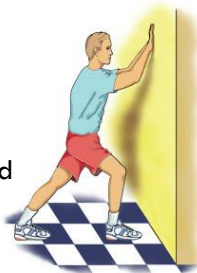
**Extracorporeal shock wave therapy:** This treatment requires at least 3 treatments and is helpful in long standing cases of plantar fasciitis.

**Surgical treatment:** This is very rarely offered as in most cases plantar fasciitis recovers with conservative treatment options. Surgical methods include a procedure called a fasciotomy which involves splitting the fascia, thus reducing the tension within it. Surgical treatments have a good success rate but require rehabilitation post-surgery.

**It is essential that treatment is commenced as early as possible to gain the best outcomes. Plantar fasciitis can be hard to treat if chronic, so don't delay in making an appointment with one of our podiatrists.**

### S-T-R-E-T-C-H Of The Month Plantar Fascia Stretch

1. Lean forward against a wall with one knee straight and heel on the ground.
2. Your other knee is bent. Your heel cord and foot arch stretch as you lean.
3. Hold for 10 seconds, relax and straighten up.
4. Repeat 20 times for each sore heel.



It is important to keep the knee fully extended on the side being stretched.

### TOWARDS WELLNESS Let's Dance

Dancing is a good physical activity, but is also good for our brains as it wakes different parts of the brain and neural pathways.

There are so many different types of dancing, so you can generally choose something you're comfortable with. It is also social, fun and creative and taps into a deeper part of ourselves.



#### 103 ROWAN STREET, WANGARATTA

Monday 9.00am - 4.00pm  
Tuesday 8.30am - 5.30pm  
Wednesday 8.30am - 5.30pm  
Thursday 8.30am - 7.00pm  
Friday 8.30am - 5.00pm

#### 34 CARRIER STREET, BENALLA

Tuesday 8.30am - 5.30pm  
Friday 8.30am - 5.30pm

find us on **facebook**

Disclaimer: The Foot Centre expressly disclaim any and all responsibility for any liability, loss, or risk, personal or otherwise, which may be or is incurred as a consequence, directly or indirectly, of the use and application of any advice or comment above.