HINDMARSH PHYSIOTHERAPY & SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000



ARE YOUR HEELS IN PAIN ?

PLANTAR FASCIITIS-WHAT IS IT

Plantar fasciitis is one of the most common causes of heel pain. It is an irritation or inflammation of the plantar fascia -- the structure that runs from the heel to the ball of the foot.

When the foot is on the ground, the full weight of the body is concentrated on the plantar fascia, forcing it to stretch as the arch of the foot flattens from the full weight of the body.

This leads to stress on the plantar fascia where it attaches to the heel bone. This may then lead to small tears of the fascia. Although these tears are usually repaired by the body, repetitive stress from prolonged standing, walking or running may result in incomplete healing. A bone spur can also result as the body tries to compensate for too much stress.
Pain in the heel can occur due to these bone spurs, inflammation of the plantar fascia itself or impingement of the small nerves in the foot

HINDMARSH PHYSIOTHERAPY & SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000

WHAT ARE THE SYMPTOMS

Symptoms of plantar fasciitis include pain on or around the heel when weight is placed on the foot. This is usually worse in the morning, especially with the first few steps after getting out of bed. In most cases, there is no pain at night since the fascia tightens up overnight.

Morning activities cause pulling of the fascia and results in pain that can be described as sharp, burning or stabbing. Pain usually reduces during the course of the day as the tissue warms up. Prolonged standing, walking or getting up after long periods of sitting usually irritate the fascia.

COMMON POSSIBLE CAUSES

- Excessive running or jumping
- Overload of physical activity- either unaccustomed activity or increase in amount. (especially for athletes) or suddenly starting to walk to work or get fit.
- High arches, flat feet, abnormal gait, older feet !
- Tight calves
- Stiff and reduced mobility through your foot
- Wearing improper shoes while walking or running- think ballet shoes, converse sneakers , rigid boots etc.
- Diabetes contributes to heel pain in the elderly
- Recent weight gain or pregnancy
- Prolonged standing especially in poor shoes on hard floors

TAKE THE RIGHT STEPS TO RELIEVE HEEL PAIN

If you suffer from heel pain, the first thing you need to do is determine the cause. For example, you may need to replace your shoes or rest if there has been a significant increase in your activity levels

The next thing to do is to call your physiotherapist. Your doctor may have prescribed anti-inflammatory medications to help reduce your pain and inflammation.

HINDMARSH PHYSIOTHERAPY & SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000

We can show you how to simply strap your plantar fascia to unload the inflamed insertion. Our low cost heat molded orthotics can aid in the control and support of your foot. Medication on its own will not address the causes of your pain.

Physiotherapy is excellent for most cases of plantar fasciitis. This usually includes stretching the calf muscles to take the tension off the plantar fascia. If your calf is really tight you might benefit from a night splint or strasburg sock. This will place a mild stretch on the calf muscles and the plantar fascia over night and helps reduce morning pain.

Patients with plantar fasciitis are commonly prescribed exercises to improve flexibility in the calf muscles and the plantar fascia. Treatment will help control pain and swelling. We may also use ultrasound, electrical stimulation, ice packs and soft-tissue massage to help you recover as fast as possible.
Video analysis of your gait will help pick up gait abnormalities or foot strike problems.

HOW YOU CAN START

- Regular icing at end of the day
- Calf stretches of both your soleus and gastrocnemius
- Correct footwear
- Reduce frequency and intensity of activity

PHYSIOTHERAPY TREATMENT WILL

- Unload and correct foot posture with taping and or heat molded orthotics
- Teach and provide appropriate taping, stretching and tissue release techniques to the calves and plantar fascia.
- Mobilize the stiff foot and toe joints
- Show you strengthening exercises for the small muscles of the feet to help support the arch
- Analyse your gait
- Identify co existing postural, strength and mobility issues- weak gluts, tight TFL, quads etc

HINDMARSH PHYSIOTHERAPY & SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000



Call our practices today for help with this and all musculoskeletal problems, and we'll help you take the right steps without pain!

You can contact us here if you would like an appointment- just click

OTHER RESOURCES

We are passionate about providing our patients and community with information on prevention and management
Please visit our Blogs at **hindmarshphysio.com.au** for easy access to up to date information on many common conditions.



We have also put together a comprehensive free e-Book guide to understanding and managing common sporting injuries.
Click here for your free copy

Visit us HERE at Hindmarsh Physio and Sports on Facebook

This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk