

Plantar Fasciitis

What is it?

Plantar fasciitis is a common condition. It involves pain arising from the tissues of the sole of the foot, that attach to the base of the heel bone.

Here are some simple suggestions that may help you to recover:-

Rest

It should not be necessary to rest completely. However try to avoid excessive impact upon the feet, that you find makes your pain worse.

Footwear

Comfortable, well cushioned and supportive lace up shoes should be worn.

Insoles

Cushioned heel inserts or insoles placed in the shoe may reduce pain. They can be bought from a good chemist. They should be placed in both shoes.

Ice

Ice, or a bag of frozen peas, placed in a moist tea towel applied to the heel for 10-15 minutes every 2 hours, can help to reduce pain, for example after activity. Gently rubbing the ice pack over the painful area may also help.

Painkillers

Painkillers such as ibuprofen or paracetamol may help to also reduce the pain.

Stretching and Exercises.

These are very important and should be performed twice daily. 5-8 repetitions per session. Hold each stretch for 20-30 seconds. .

Calf stretching: Stand a little distance from a wall. Bend one leg in front of you, with the other straight out behind you. Keep your lower back straight and keep your heel on the ground. Point your toes forward and drop forward on your hip.



Hold an easy stretch for 20-30 seconds. Relax..

Dr C A Speed BMedSci MA Dip Sports Med PhD FRCP FFSEM
Consultant in Rheumatology, Sports & Exercise Medicine
01223 306073 sportsmedicineuk.co.uk



Deep calf muscle. Keep the same position as above, but lower your hips downward and slightly bend your knee. Keep your heel down. Hold for 20-30 seconds. Relax. Repeat 5-8 times each leg.



Hamstrings: Place 1 foot on a comfortably high level, keep your back straight and gently move your head and shoulders forward. Bending your back can strain it, particularly if you have tight hamstrings.

Arch stretching/massage: Grab your toes and ball of the foot. Pull the toes and foot back until you feel an arch stretch. Hold 20 seconds. Relax. Repeat x 5-8.



Foot muscle strengthening: Spread out a towel in front of your foot. Use your toes to pull the towel toward you.

Other treatments:

There are other treatments that are available for this condition. They do not replace the exercises, but may help with pain relief and healing.

These include:

- Injection therapies
- Extracorporeal Shock Wave Therapy