

GUIDE TO:

# PLANTAR FASCIITIS



Prime Therapy  
— CLINIC —

[www.primetherapyclinic.co.uk](http://www.primetherapyclinic.co.uk)

# INFORMATION ABOUT PLANTAR FASCIITIS

**10%**

It is one of the most common musculoskeletal conditions and will affect 1/10 people at some point

It is characterised by pain in the heel or arch of the foot.

The pain tends to be worse on the first few steps after resting or sleeping

Walking can ease the pain but it can get worse towards the end of the day.

The plantar fascia is a tough band of fibrous tissue that attaches to the heel bone. Irritation to this area causes the pain.

It is not always clear what causes this to happen but common reasons might include

- Recently increased amount of walking or running
- Poor cushioning in the shoes and/or exercising on hard surfaces
- Tight calves or feet
- Being overweight



# THINGS YOU CAN DO TO HELP

01

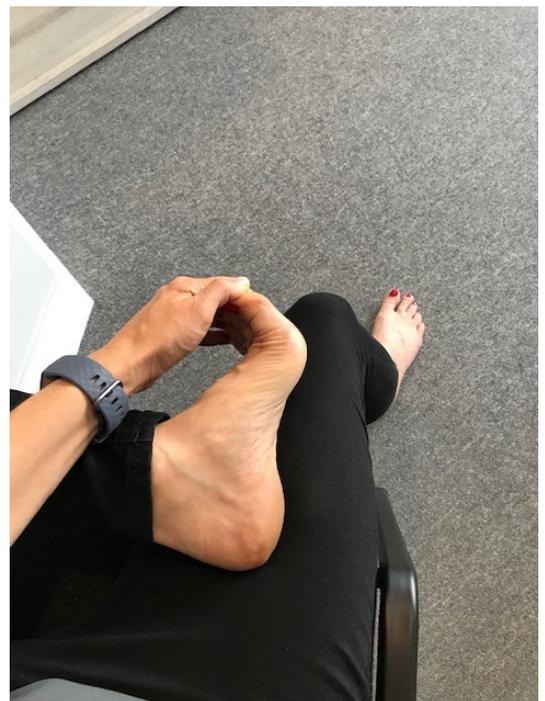
## FOOTWEAR AND INSOLES

Wear footwear that is comfortable and has plenty of room for your foot. Using insoles that support the arch of the foot and provide some cushioning can also help.

02

## STRETCHES

Stretches to the calf and plantar fascia have been shown to help. Examples of these are shown below. Hold them for 10 seconds and repeat 10 times. Do this a couple of times per day.



03

### SELF MOBILISATION OF THE PLANTAR FASCIA

Get a massage ball (or tin of beans/ rolling pin/ golf ball /anything similar) Roll your foot over the top of it in different directions for a few mins concentrating on the painful areas. Do this a couple of times per day.



04

### STRENGTHENING EXERCISES

Recent research has shown that strengthening exercises can be more beneficial than stretches, especially in the long run. Below is an example of a great strengthening exercise for this area



Put your foot on the edge of a step with a towel placed under your toes. Slowly (for the count of 3 seconds) lift yourself up onto your toes. Hold at the top for a count of 2 seconds then slowly lower down (for a count of 3 seconds). Your heel should come below the edge of the step.

Aim to perform 3 sets of 12 repetitions. This might be very difficult at first so just do as many as you can manage. Do this exercises every **other** day to allow a period of recovery after doing the exercise.

(note: like any strengthening exercise this can cause discomfort whilst the body adapts to the changes)

# TREATMENT OPTIONS



If you have not had the pain for long then following the advice above can help in many cases.

However, sometimes it can persist and for some people can be present for months or even years. What treatment options are available in these cases?

1

An assessment with a healthcare professional for some manual therapy, taping and a bespoke progressive exercise program.

2

Some custom orthotics. However there is limited evidence that these are much better than generic "off the shelf" options.

3

Steroid injection. This can be very effective at relieving the pain in the short term, however it is usually only short lived with the pain returning not long after. There is also some risk of rupture and increased pain after.

4

Shockwave therapy. This is a relatively new treatment option but the initial studies are showing positive results. It is in the NICE guidelines for when other treatment options have failed and as an alternative to steroid injections and surgery.

5

Surgery. Rarely surgery may be required however this should only be considered if the pain has been there for a long period of time and has not responded to other treatments.