

# PLANTAR FASCIITIS



Plantar fasciitis is a condition with heel pain caused by tears or inflammation in the plantar fascia. People with this condition usually get sharp pain in the heel. Pain is usually worse in the mornings, after prolonged sitting or standing, or running. Running is generally more painful if running sprints, hills, or impact to the heel as all of these put more pressure on the plantar fascia.

Risk factors associated with getting plantar fasciitis include excessive pronation of the foot, obesity, ill-fitting/old footwear, excessive running or increase in training (distance, hills, speed work), leg length discrepancy, high arches in the feet, sedentary lifestyle, prolonged walking or standing occupations, and tightness in calves, achilles tendon, or foot.

Plantar fasciitis pain generally starts at the heel but can spread across the bottom of the foot or up towards the Achilles if left untreated. **Pain from plantar fasciitis can last between 6-18 months so it is important to start treatment early.** Below are some exercises and home remedies to try to manage your pain. If you continue having pain or if the pain spreads into your calf, foot, ankle or other leg, book in to see us.

Stretches to try at home:

**Big toe stretch.** Stand near a corner or door frame. Put big toe up against wall with all other toes off the wall. Lean hips forward to stretch big toe and foot. Hold 30-60 seconds, 1-2 x daily.

**Big toe stretch with ankle dorsiflexion in sitting.** Sit with your sore foot up and crossed over your leg. Pull back your big toe and let ankle relax so the top of the foot comes closer to your shin. You should feel this in your foot and/or calf. Hold 30-60 seconds, 1-2 x daily.

**Calf stretches.** Stand facing wall and reach your sore foot backwards. Put arms against wall and straighten back leg. Try to stretch the heel down towards the floor as you lean forward. Hold 30-60 seconds, 1-2 x daily. Repeat this stretch on both legs with back knee straight and slightly bent.

**Rolling plantar fascia.** Roll plantar fascia on foot roller/ball/water bottle. Roll along your foot, focusing on the areas that feel the most 'gritty'. You can do this in sitting if really sore, otherwise try to stand and put as much weight in the roller as is comfortable. Do this for 1-2 min as needed for pain. If running, try doing this before and after runs.

Available at



Tips to avoid pain while you're rehabbing:

Rest the foot and try to reduce the load on your plantar fascia.

Walk down stairs with sore foot first.

Wear shoes with higher heel to offload plantar fascia if required.

Speak to a physiotherapist or podiatrist about whether insoles or heel raisers would be helpful for you.

[https://myphysioshop.co.nz/index\\_19.php?physio=209091c5](https://myphysioshop.co.nz/index_19.php?physio=209091c5)

\*These stretches are helpful in the early stages of plantar fasciitis and should be supplemented with exercises and progressive loading once appropriate. If this is a recurrent injury, further assessment is warranted to determine the underlying cause.\*



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## REFERENCES

1. Goff, J.D., Crawford, R., 2011. Diagnosis and Treatment of Plantar Fasciitis. *American Family Physician*, 84(6), pp. 676-682.