

What is it?

Injury to the connective tissue, or plantar fascia, that runs along the sole of the foot from the heel to the base of the toes.

What causes it?

Tight muscles in the lower leg. Overtraining. Running on hard surfaces. Improper warm ups and cool downs. Ill-fitting footwear. Issues with arches in feet and gait-hyperpronation

Symptoms

Pain in heel or in arch of foot. Can be worse when at rest.

Top Tips

Improve flexibility as a priority. Stretch lower leg and feet frequently. Roll foot over a golf ball

How to Treat it

Rest. Ice. Anti-inflammatories. Ultrasound. Massage. Stretches in lower leg and feet.



Rehab

Stretch and strengthen lower legs and feet, particularly the Achilles tendon and the plantar fascia. Orthotics may help ease discomfort.

Definitions

Gait – how a person walks

Hyperpronation – weight of the body is placed through the inside of the foot

Ultrasound – high frequency sound waves to make an image of a person's internal body structures

Achilles tendon – tough, fibrous tissue linking the calf muscles to the heel

Orthotics – external supports used to modify the structure and functional characteristics of the foot

Associated Conditions

- Morton's Neuroma
- Sesamoiditis
- Claw Foot (Pes Cavus)
- Heel Spur
- Extensor and Flexor Tendinitis
- Retrocalcaneal Bursitis

Get Help Now

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