



1. Position your body against a wall as shown with the affected foot behind
2. Point toes directly toward the wall and hold the heel down
3. Lean into the wall as shown so that you feel a stretch
4. Hold 20 seconds
5. Do 5 repetitions, 3 times per day



1. Assume position shown, kneeling on the affected knee and toes
2. Lean your body weight backward and down so you feel a stretch
3. Hold 20 seconds
4. Do 5 repetitions, 3 times per day

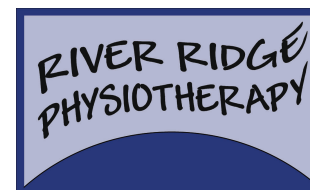


1. Begin with foot flat on floor with towel as shown
2. Keeping heel on floor, curl the towel towards you using your toes
3. Each time you curl your toes equals one repetition
4. Do 30 repetitions, 2 times per day

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## PLANTAR FASCIITIS

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# Plantar Fasciitis

## **Injury Description**

This common foot disorder often starts as a dull intermittent pain in the heel, which if left untreated may progress to a sharp more persistent pain. It is often worse in the morning with the first few steps or at the beginning of a sporting activity.

## **Pathology**

The plantar fascia is a thick fibrous material on the bottom of the foot. It is attached to the heel bone and extends forward to the toes. It is responsible for maintaining the arch of the foot.

Problems usually arise with repetitive stress on the insertion of the plantar fascia. This leads to a pulling away of the fascia from the heel bone which causes inflammation and therefore pain. Injury may also occur at the mid sole or towards the toes.

As the fascia is pulled away from the bone, the body reacts by filling in the space with new bone. This causes the classic "heel spur". This "heel spur" is a side effect and not the cause of the problem.

## **Predisposing Factors**

1. Flat pronated feet
2. High arched rigid feet
3. Overuse
4. Improper footwear
5. Running on soft terrain
6. Increasing age

# Treatment

## **Modified Activity**

Use pain as your guide. If weight bearing exercise is too painful, temporarily replace it with non-weight bearing exercises. Sometimes it is possible to maintain your sport at a lower level by decreasing the amount of time doing your sport and/or doing it on alternate days.

## **Ice**

Icing the heel for 15 minutes several times a day and after activity will help to reduce inflammation and therefore pain.

## **Physiotherapy**

Initially treatment is aimed at decreasing inflammation. Later the therapist will strengthen the small muscles of your feet and improve the flexibility of your fascia and Achilles tendon. The aim is to support and put less stress on the weak and inflamed plantar fascia.

## **Medication**

Anti-inflammatory pills may be prescribed to reduce inflammation.

## **Cortisone Injection**

May be recommended by Physician

## **Surgery**

Is rarely required for plantar fasciitis

# Recommendations

## **Exercise as Tolerated**

When the problem is severe the best exercises are ones which are non weight bearing (i.e., swimming and cycling). Go back to other sports activity slowly. If you experience a lot of pain either during the activity or the next morning, you are doing too much.

## **Heel Pads**

A heel pad can help absorb the shock as the heel lands and ease the pressure on the plantar fascia. In more extreme cases a hole should be cut out of the middle to ease the irritation on the heel spur.

## **Arch Support**

This will help to maintain the arch of the foot and thereby reduce the pull on the plantar fascia.

## **Shoes**

You may need new shoes or ones more suitable to your foot structure.

## **Orthotics**

Custom orthotics prescribed by your doctor can be very beneficial. They should be worn on a daily basis as well as during sporting activities.

## **Taping**

Your physiotherapist may tape your foot to maintain the arch and take some of the tension off plantar fascia.

## **Exercises**

The attached exercises will help you to treat the problem thoroughly.