

Plantar Fasciitis

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GENERAL INFORMATION

Plantar fasciitis is an irritation of the plantar fascia. This thick band of connective tissue travels across the bottom of the foot between the toes and the heel. It supports the foot's natural arch. It stretches and becomes taut whenever the foot bears weight.

Causes:

Plantar fasciitis is caused by repetitive stress or excessive tension on the plantar fascia. Small tears can develop in this tissue. It can become irritated and inflamed



TREATMENT

Stretching is the best treatment for plantar fasciitis. Treatment for plantar fasciitis may also include rest, ice and anti-inflammatory medications. Home exercises to stretch your calf/Achilles tendon and plantar fascia are the mainstay of treatment and reduce the chance of recurrence.

Exercise #1:

1. Cross your affected leg over your other leg.
2. Using the hand on your affected side, take hold of your affected foot and pull your toes back towards shin. This creates tension/stretch in the arch of the foot/plantar fascia.
3. Hold the stretch for a count of 10. A set is 10 repetitions.



Exercise #2:

1. While standing on the edge of a stair, drop your ankles down and hold this stretched position for a count of 10.
2. Repeat 10 times.



Exercise #3

1. Begin in a standing upright position in front of a wall.
2. Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

