



Sara Gordon & Associates

## Physiotherapy Newsletter

### Plantar Fasciitis

#### What is it?

The Plantar Fascia is a broad, thick band of tissue that runs from under the heel to the front of the foot, helping to maintain the arch of the foot. **Plantar Fasciitis** or “**Policeman’s Heal**” is a painful condition caused by overuse of the plantar fascia and is very painful.

#### How do I know I’ve got it?

- Heel pain, under the heel and usually on the inside, it feels like a stone in your shoe
- Pain when pressing on the inside of the heel and sometimes along the arch.
- Pain is usually worse first thing in the morning as the fascia tightens up overnight. After a few minutes it eases as the foot gets warmed up
- As the condition becomes more severe the pain can get worse throughout the day if activity continues.
- Stretching the plantar fascia may be painful.

#### What causes it?

- The most common cause of plantar fasciitis is very tight calf muscles. This in turn produces over-stretching of the plantar fascia leading to inflammation.
- Overpronation or dropping and rolling in of the arch is often a cause of planter fasciitis.
- Other causes include low arch or high arch and other biomechanical abnormalities including oversupination which should be assessed by a podiatrist or physiotherapist.

- Excessive walking in footwear which does not provide adequate arch support can cause plantar fasciitis. I see a lot of people who have plantar fasciitis who have spent the summer in flip flops or who have just started to wear Wellies a lot in the autumn – neither of which support pronated feet.
- Overweight individuals are more at risk of developing the condition due to the excess weight impacting on the foot.

### What Can I do?

- Rest – this is not easy as we need to walk – but avoid the obvious causes of your pain – running, dancing, wearing flip flops or unsupportive footwear.
- Calf stretches
- Ice – rolling your foot over a cold drinks can is soothing
- Seek professional help – this rarely sorts itself out.

### What can physiotherapy do?

- Fully assess the problem and prescribe a combination of:
- Calf stretches
- Plantar fascia stretches
- Foot mobilisations – the mid or hind foot may be stiff
- Taping to support
- Orthotics
- A referral onto a podiatrist for bespoke orthotics.

Would you like to receive this on-line each month?

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