

PLANTAR FASCIITIS



WHAT IS IT?

- inflammation (ITIS) of the dense fibrous sheath of the sole of the foot;
- running from the heel, crossing the ball of the foot (PLANTAR FASCIA)

WHAT DOES THE FASCIA DO?

- absorbs shock
- adapts the foot to changes in terrain
- facilitates foot push off

WHAT HURTS?

- tender inside bottom of heel, may have diverse discomfort over rest of heel into arch
- often one sided
- morning pain and stiffness, pain on standing after prolonged rest
 - early stage: pain after activity
 - middle stage: pain during activity
 - late stage: pain at rest

WHAT SHOWS UP ON X-RAY?

- 20% of population has heel spurs without symptoms
- up to 75% of people with heel pain have heel spurs

WHAT CAUSES IT?

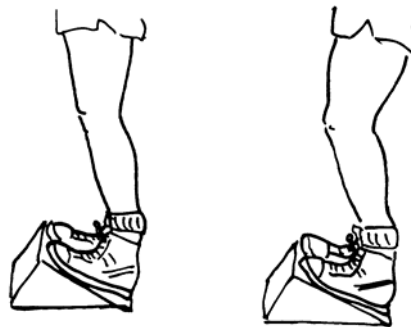
- flat feet (excessive pronation)
- high arches (excessive supination)
- leg length discrepancy
- recent impact trauma
- calf muscle shortening
- toe/foot/ankle/knee/hip/pelvis/lumbar spine/or nerve biomechanical problems
- training errors
 - increase mileage
 - increase in frequency
 - increase in intensity
 - change of footwear or terrain i.e. running up hills

WHY DOES IT HURT?

- too much flexibility in foot; too much rigidity in foot
- both result in localized inflammation at the heel that is "squeezed out" with weight bearing
- at night or rest, inflammation is absorbed into the area, pushing on sensitive nerve endings ~ first morning steps are very painful and stiff until the inflammation is squeezed out and scar tissue is stretched
- once the inflammation and scarring are present they are difficult to remove

WHAT TO DO ABOUT IT?

- establish an accurate activity history
- implement modified/active rest with non-weight bearing activities: swimming, cycling, water running
- orthotic devices (custom made by certified orthotist) for "pronators" or "supinators"
- appropriate foot wear
- mobilizing / stretching shortened structures and strengthening supportive structures as outlined by your physiotherapist



effective stretching of the
gastrocnemius and soleus muscles
~ 30 seconds, 5 repetitions, twice a day ~

NO TWO PEOPLE ARE ALIKE * NO TWO EXERCISE PROGRAMS ARE ALIKE

- correct training errors
- achieve healthy body weight
- ice cube massage 10 minutes three times a day

* RULE OF THUMB *

ice decreases inflammation

heat increases inflammation

- anti-inflammatory medication
- therapeutic modalities such as ultrasound or interferential current
- cortisone injection (only as required)

HOW DO I PREVENT IT?

- custom made orthotics
- proper shock absorbing footwear
- stretching/mobilizing potentially restrictive structures
- appropriate strengthening
- avoid training errors
- maintain healthy body weight

WHAT ELSE CAUSES HEEL PAIN?

- local tendon pain
- referred muscle pain
- local ligament pain
- fat pad degeneration of the heel
- stress fracture of heel bone (calcaneus)
- plantar fibromatosis
- low back (lumbar) disc protrusion with pinched nerve
- systemic medical conditions: osteoporosis, rheumatoid arthritis



MANUAL THERAPY BASES TREATMENT ON THE CLINICAL PROFILE OF
DYSFUNCTION
IT IS A PLANNED, LOGICAL, SAFE, AND EFFECTIVE APPROACH

AT THE CENTRE FOR MANUAL PHYSIOTHERAPY
WE FEEL THIS IS WHAT OUR PATIENTS DESERVE

YOUR PHYSIOTHERAPIST CAN HELP YOU WITH THE REST...

the centre for
Manual Physiotherapy

1505 Carling Avenue, , Suite 302,
Ottawa, Ontario K2C 0R4
(613) 727-1414 www.phyzio.biz

Patricia Palmer Samantha Stergaros Claire Lajeunesse Sue Netherton
Orthopaedic Manipulative Physiotherapists

Heather Pugh
Certified Pilates Instructor