

# Plantar Fasciitis

## Body Part

Heel

## Condition:

Thickening or tear of the proximal medial band of the Plantar Fascia.

Commonly known as “Heel Spur” or “Policeman’s Heel”

## Common Causes

- Extended periods of time weight bearing (walking, running, standing)
- New working or exercise surfaces
- Unsupportive or old footwear
- Elevated BMI (being overweight)
- Poor foot mechanics
- Flat feet
- High arched feet
- Limited ankle joint movement
- Tight Calves
- Poor glute strength
- Age – it’s most common between the ages of 40 and 60
- Sex - women are 2.5 more likely than men

## Symptoms:

The pain is usually described as “stabbing, knife like” pain into the bottom of the heel particularly about 4 cm forward from your heel. People usually feel most discomfort on taking their steps on getting up in the morning, or after long periods of rest where no weight is placed on your foot.

## Treatment:

(At home)

- Iced water bottle under the arch of your foot. Rolling it back and forth for 2 x 10 minutes daily, at end of your day.
- Non-steroidal anti-inflammatories
- Voltaren or other anti-inflammatory gels to rub in the arch and heel especially first thing in the morning to make those initial steps a bit more bearable.
- Avoid being barefoot or high impact exercises.

- Always have something supportive on your feet like runners – avoid flat shoes and barefoot

(At GenHealth)

- Muscle testing
- Footwear assessments
- Gait assessments
- Muscle testing
- Taping
- Custom Orthotics
- Over the counter orthotics
- Clinical Pilates
- Ongoing physio or podiatry
- Moonboot in severe cases

## Prognosis:

Usually, the pain will ease in time. Some people respond well to just 1 type of treatment and feel better in less than 2 weeks and some people need multiple types of treatments and may still feel some minimal discomfort months down the track. Plantar fasciitis is self-limiting meaning that it could resolve by itself, but the debilitating nature of it is what makes people look for help.



[www.cmosteo.com.au/blog-1/2018/7/26/plantar-fasciitis](http://www.cmosteo.com.au/blog-1/2018/7/26/plantar-fasciitis)

## Further information:

For further information, please contact our friendly team at Gen Health.