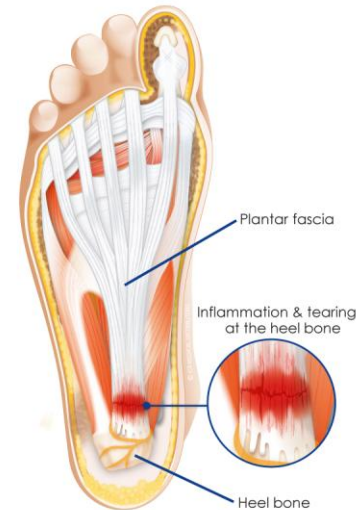


## Do you have Heel Pain? What Exactly is Plantar Fasciitis?

**Area Affected:** The primary tissue affected is the plantar fascia, a layer of fibrous tissue that covers the muscles and tendons on the bottom of the foot. The plantar fascia is responsible for supporting the arch of the foot.

**Causes:** Plantar fasciitis is caused by “overworking” the plantar fascia, resulting in a series of small tears in the muscle (microtears) that accumulate over time. Overworking of the plantar fascia occurs when other muscles used for running, walking, and standing are either overactive or inactive. Your chances of developing plantar fasciitis are increased if you run long distances on hard surfaces, wear improper footwear, or have faulty running biomechanics.



**Signs and Symptoms:** A common symptom of plantar fasciitis is pain on the bottom of the heel, especially when walking or running. Pain in this area is often the worst during the first 5-10 steps of running, and then after the run is finished. It is often very painful when you get up in the morning or after sitting for a prolonged period. Pressing on this spot will also be painful.

**Treatment Strategies:** Primary treatment strategies involve reducing inflammation by using techniques such as ice, massage, ultrasound, or electrical muscle stimulation. In addition, a physiotherapist can be a personal and specific component of treatment and prevention of plantar fasciitis. Physiotherapists identify the causes of overstrained plantar fascia, including looking up the chain of your body. Physiotherapists can provide guidance on stretching the Achilles tendon, and toe flexor tendons. They will also assess running and walking mechanics and retrain faulty movement patterns that may stress the plantar fascia. Physiotherapists may also prescribe strengthening exercises for the bottom of the foot and lower leg.

Uncovering an individual's root causes of plantar fasciitis and working to correct these will help prevent recurrence of the injury.



*If you would like to personally experience how a physiotherapist can help your plantar fasciitis today, please give us a call at 604-963-6616 or email us at [info@body-works.ca](mailto:info@body-works.ca)*

