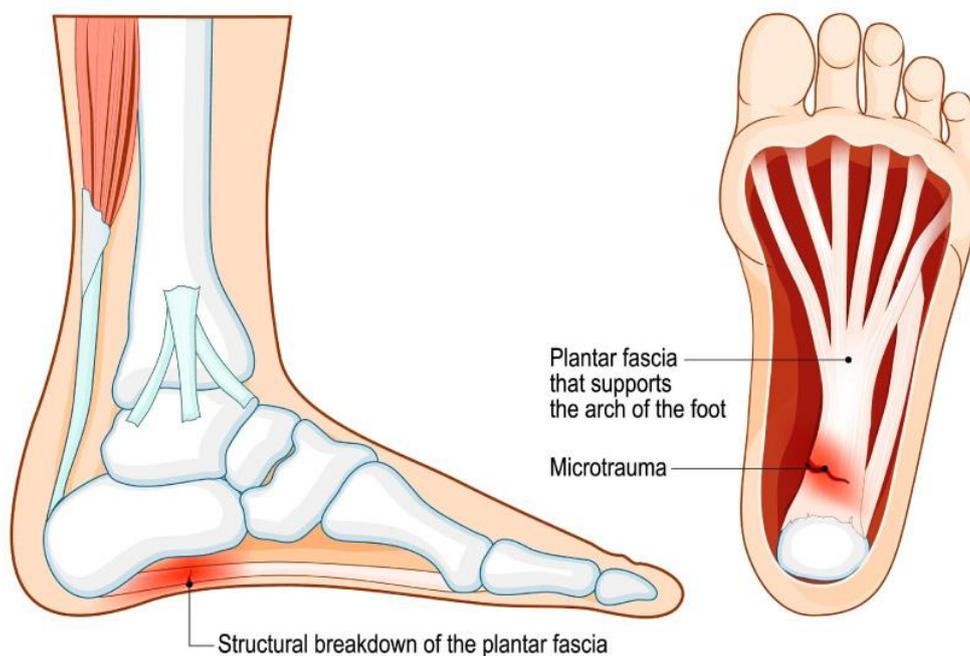


Plantar Fasciitis

PLANTAR FASCIITIS



What is Plantar Fasciitis?

Plantar fasciitis is inflammation of the **plantar fascia**, a thick band of tissue that runs along the bottom of your foot from your heel to your toes. It commonly causes **heel pain**, especially with your first steps in the morning or after resting.

Who Gets It?

- People who are **overweight**
- **Runners** or those who spend long periods on their feet

- People with **high arches** or **flat feet**
 - Those wearing **unsupportive shoes**
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Symptoms

- Sharp heel pain, particularly **first thing in the morning**
 - Pain after **long periods of standing or walking**
 - Tenderness at the **bottom of the heel**
 - Pain after **exercise**, not usually during activity
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Self-Care & Home Management

- **Rest and activity modification** – reduce high-impact activities
 - **Ice therapy** – apply ice to the heel 10–15 minutes, 2–3 times a day
 - **Stretching exercises** – calf stretches and plantar fascia stretches daily
 - **Footwear** – wear supportive shoes with cushioning and avoid walking barefoot on hard floors
 - **Heel pads or orthotics** – may help reduce pressure on the heel
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Exercises

1. **Calf Stretch:** Lean against a wall, one leg back, heel on floor, hold 30 seconds, repeat 3 times each leg.
 2. **Plantar Fascia Stretch:** Sit, cross affected leg over other, pull toes back towards shin, hold 15–30 seconds, repeat 3 times.
 3. **Towel Scrunches / Marble Pick-ups:** Strengthen foot muscles.
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When to See a Physiotherapist

- Pain **does not improve** after 2–3 weeks of self-care
 - Pain affects **daily activities or sleep**
 - You notice **numbness, swelling, or bruising**
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Treatment Physiotherapists May Offer

- **Hands-on techniques** (massage, stretching)
 - **Taping or orthotics** to support the arch
 - **Exercise program** for stretching and strengthening
 - **Advice on footwear and activity modification**
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Prognosis

Most people improve with **conservative care** within 3–6 months. Early treatment and consistent exercises improve recovery time.

References

- NHS – Plantar Fasciitis: www.nhs.uk/conditions/plantar-fasciitis
 - Chartered Society of Physiotherapy – Foot Pain Guidance
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Standing calf stretch



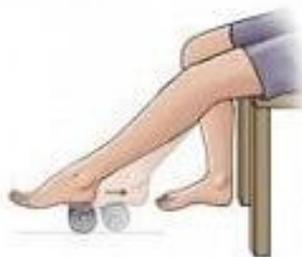
Seated plantar fascia stretch



Plantar fascia massage



Achilles stretch



Frozen can roll



Towel stretch