

TREAT PLANTAR FASCIITIS



What is Plantar Fasciitis?

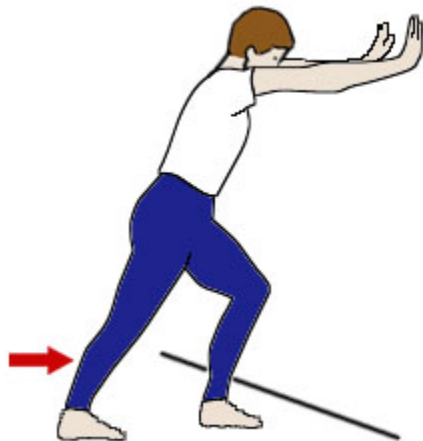
Plantar Fasciitis is an inflammation of the plantar fascia, a ligament structure that supports the arch of the foot. The plantar fascia is a tough, fibrous band of connective tissue that runs from the heel bone to the ball of the foot. It plays an important part in the normal foot mechanics during walking and running.

Plantar fasciitis occurs when the plantar fascia is strained as a result of increased or over activity, poor foot biomechanics, or in association with the normal aging process. The ligament is typically strained repeatedly, over time before the onset of plantar fasciitis. As the ligament stretches beyond its normal extension it causes the soft tissues of the fascia to tear, usually at the point where attached to the heel bone. This leads to inflammation, heel pain, and possible growth of a bone spur (calcaneus) at the heel bone attachment.

Plantar Fasciitis Stretching Exercises

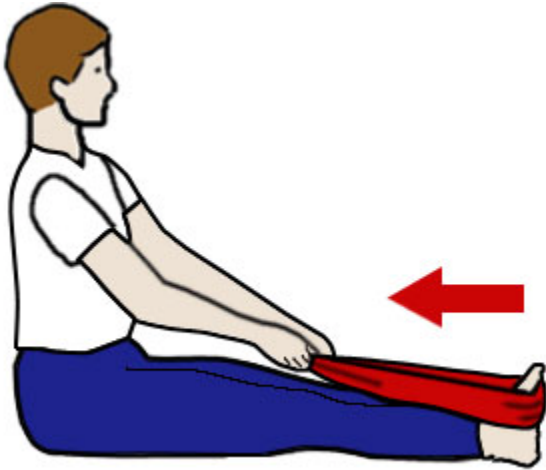
Calf/Achilles Stretch

Stand facing a wall place your hands on the wall chest high. Move the injured heel back and with the foot flat on the floor. Move the other leg forward and slowly lean toward the wall until you feel a stretch through the calf, hold and repeat.



Towel Stretch

Sit on the floor with your legs stretched out in front of you. Loop a towel around the top of the injured foot. Slowly pull the towel towards to keeping your body straight. Hold for 15 to 30 seconds then relax - repeat 10 times.



Frozen can roll

Roll your bare injured foot back and forth from the tip of the toes to the heel over a frozen juice can. This is a good exercise after activity because not only stretches the plantar fascia but provides cold therapy to the injured area.

