

Information Sheet

Plantar fasciitis

The plantar fascia is a tough band of fibre on the sole of the foot, running from its attachment at the heel bone (calcaneus) under the arch to the toes. Small tears in the fascia cause plantar fasciitis which is a painful inflammatory condition causing pain in the heel and arch when walking and weight bearing. It is often worse first thing in the morning, and generally improves once the foot is warmed up.

It is caused by various factors, commonly too much time on your feet, overuse, unsupportive footwear and obesity. It can often be helped by self-care, but it is important to obtain a professional diagnosis so you can be certain there is no other injury, fracture or arthritic condition before beginning the self-help exercises.



NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.

Please note, this is intended as a guide to how you can help improve the symptoms of plantar fasciitis at home. Should you require any further or more specific advice, please do not hesitate to contact me.

Self-help

- Sit with your feet up when at rest
- Use an ice pack on the affected area
- Wear low heeled shoes with plenty of support and a soft sole, avoid high heels
- Consider consulting a podiatrist for supportive insoles if the structure of the foot is the cause
- Soft heel pads can help ease the pain by reducing the pressure on the foot
- Painkillers can be taken when necessary on the instruction of a doctor or pharmacist
- Avoid wearing flip flops or similar unsupportive footwear
- Avoid walking barefoot
- Roll the sole of the foot on a golf ball or cold water bottle daily
- Perform calf and foot stretches 3 or 4 times a day
- Regular visits to a massage therapist for deep tissue massage of the foot and calf will help prevent further injury