

## Plantar Fasciitis

This condition involves foot pain under the arch usually on the inside of the heel bone (calcaneum) due to exercise overload of the foot on hard surfaces and excess strain from rolling inwards at the ankle such as in sand running. Rest from weight bearing is important whilst in pain as the condition can become difficult to treat if pain persists beyond 1-2 months.

Home treatment should involve;

Stretch calf muscles 3 x 1 min

Golf ball massage 3 mins

Balance exercises on the single, affected leg

Avoid ankle rolling inwards and use the toes to grip the floor

Keep pelvis square

Close eyes and rotate head to progress

Knee bends slowly, aligning kneecap over the 2<sup>nd</sup> toe, 3x15 reps

Progress to wobble / Bosu board

3-5 mins

Pencil pick-ups with toes 2 mins

Ice cube massage 3 mins

General conditioning in the pool / bicycle / Fitball / upper body exercise

You may need;

Pronation control shoes

Arch supports / orthotics / taping of the foot arch

Strassburg Sock

Anti-inflammatories

Cortisone injection