

## Robert Weaver DPM

### What Is Plantar Fasciitis ?

*The Plantar Fascia is a ligament-like band running from your heel to the ball of your foot. This band pulls on the heel bone, raises the arch of your foot as it pushes off of the ground. But if your foot moves incorrectly, the plantar fascia may become strained.*

*The fascia may swell and its tiny fibers may begin to fray, causing plantar fasciitis.*

### Causes

*Poor foot mechanics If your foot flattens too much, the fascia may overstretch and swell.*

*If your foot flattens too little, the fascia may ache from being pulled too tight.*

### Symptoms

*With Plantar fasciitis, the bottom of your foot may hurt when you stand, especially first thing in the morning. Pain usually occurs on the inside of the foot, near the spot where your foot and arch meet. Pain may lessen after a few steps, but it comes back after rest or with prolonged movement.*

### Reduce symptoms

**Support** of the plantar arch and **stretching** are the hallmark of pain reduction.

*Try aspirin, Ibuprophen or other medicines as directed. Foot & ankle tappings can align the foot, similar to orthotics. If tappings help, we may prescribe orthotics to control the arch and foot position. Night splints are used to maintain foot position during the evening. Weight reduction may also help. Cortisone injections can help until stretching and support take effect. If all fails shock wave treatment or Surgery may be necessary.*

### **MORNING STRETCHES**

- 1) STRETCH IN THE MORNING BEFORE GETTING OUT OF BED.
- 2) BRING THE ANKLE UP AND THE TOE UP--- --PUSH ON THE ARCH FROM THE TOE TO THE HEEL & BACK--- MOVE IT AROUND AND REPEAT ABOVE,-----STRETCH 3-4 TIMES PRIOR TO GETTING OUT OF BED IN THE MORNING.  
IF UNABLE TO REACH YOUR FOOT, USE A TOWEL OR BELT TO PULL UP ON YOUR FOOT UP ----HOLD FOR 10 SECONDS AND REPEAT 3-4X

### **AFTERNOON STRETCHES**

- 1) WHILE YOUR SHOES ARE ON DURING THE DAY DO A STRETCH OF THE ANKLE JOINT AND BIG TOE JOINT "DORSIFLEXED" UP FOR 30 SECONDS -----10 TIMES A DAY.  
10 X A DAY FOR 30 SECONDS IS BETTER THAN ONCE A DAY FOR 3 HOURS.

### **P.M. STRETCHES**

- 1) KEEP A SINGLE SERVING BOTTLE OF WATER IN THE FREEZER.
- 2) ROLL YOUR FOOT ON IT IN THE ARCH TO THE HEEL, THIS WILL PROVIDE ICE MASSAGE AND STRETCHING TO THE PLANTAR FASCIA.
- 3) IF ICE DOES NOT FEEL GOOD THAN USE TENNIS BALL, GOLF BALL, CAN OF SOUP ETC.