

Plantar fasciitis is a very  
common cause for HEEL PAIN.

Learn what you can do to fix it!

# Plantar Fasciitis Exercises & Precautions

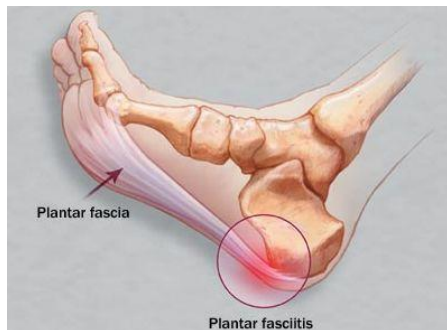
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## HEEL PAIN FROM PLANTAR FASCIITIS

What is plantar fasciitis?

Plantar fasciitis is the most common cause of heel pain. A band of tissue called plantar fascia runs from the heel towards the toes and is believed to play a role in maintaining the arch shape of the foot. If you look at your foot you can notice that mid portion is like an arch and does not normally touch the ground fully. Irritation of this tissue where it attaches to the heel bone is called plantar fasciitis.



### Symptoms:

Pain from plantar fasciitis develops gradually. People feel pain at the heel at the first step after sleeping or after sitting for a while- usually described as “cannot put my foot down”. They may also have pain with prolonged walking.

### Cause

Improper foot wear, being on concrete surfaces most of the time, being overweight are all aggravating factors for plantar fasciitis. Having tight calf muscles, flat foot or high arched foot are also reasons for developing plantar fasciitis

### TREATMENTS:

#### *Weight Reduction*

With weight reduction, there is lesser load on the heel and this reduces the stress on the plantar fascia. This may be achieved with diet, exercise and medicines.

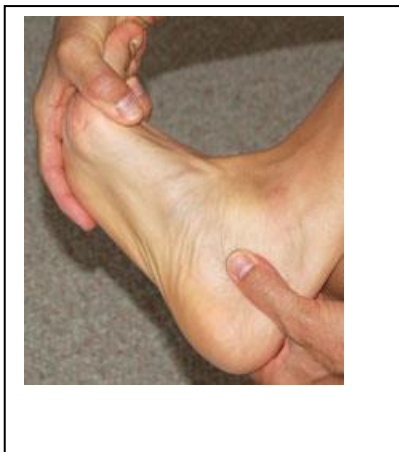
**Foot orthoses:** We use foot orthoses that will provide support to the arch of the foot. These can usually be fitted in most chappals or shoes that you are routinely using.



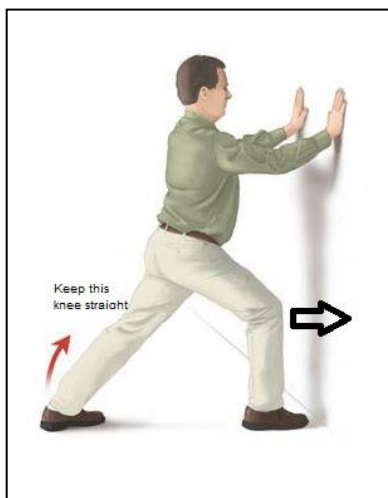
**Physiotherapy:** Physiotherapy is useful in reducing inflammation and relieving the tightness of the calf muscles that contribute to plantar fasciitis. A course of physiotherapy usually lasts 7-10 days

**Exercise:** Specific foot exercises help by reducing tightness in the calf muscles and gentle stretching of the plantar fascia. We generally provide our patients with an exercise sheet that has 5 simple exercises. Your doctor and physiotherapist can help you develop an individualized exercise program. **The most important thing is to be patient as it takes time to see the results of the exercises.**

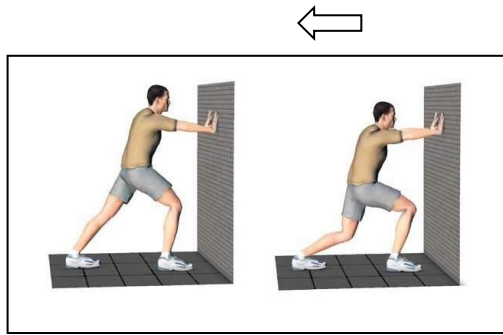
## EXERCISES FOR PLANTAR FASCIITIS



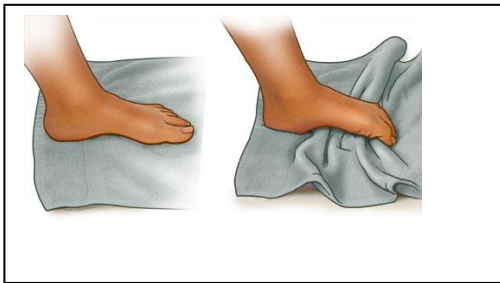
1. Before you get out of bed in the morning do this stretching exercise by holding your toes as shown. Hold for 10 seconds and repeat 5-6 times. Do this 2-3 times during the day.



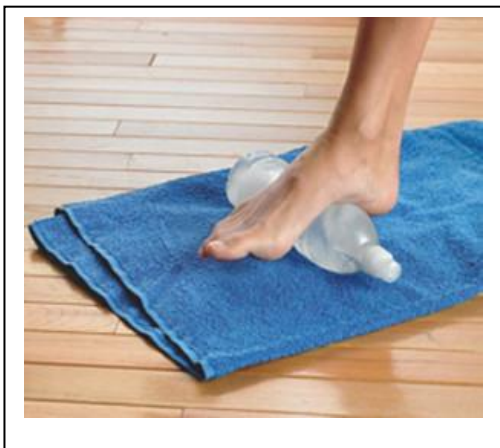
2. Stand against a wall as shown with the affected leg back and move forward to the wall keeping the affected knee straight. Hold for 10 seconds and repeat 5-6 times. Do this 2-3 times during the day.



3. Stand against a wall as shown with the affected leg back and bend the knee as shown. Hold for 10 seconds and repeat 5-6 times. Do this 2-3 times during the day.



4. Keep your foot on a towel and curl the towel as if you are trying to pick it up with your foot. Repeat 10 times, 2-3 times a day.



5. Keep a bottle with ice cold water under your foot as shown and roll it for 10-15 seconds while applying slight pressure. Repeat 5-6 times.

**You can learn these exercises from a therapist and do it the correct way. If you are having pain with any of the exercises, the exercise would need to be modified or stopped in consultation with your doctor or therapist.**

## **WHEN EXRCISE AND PHYSIOTHERAPY HAVE NOT GIVEN RELIEF**

***Heel Injections:*** Types of injections as given for plantar fasciitis when exercises and physiotherapy have not given adequate relief. One is cortisone injection and the other is PRP injection. PRP injection involves taking a small amount of your blood (like for a blood test) and processing to concentrate and activate growth factors. This is then injected to the damaged area. Activated growth factors are used to accelerate the healing of damaged tissues.

Please visit our website [www.jayamorthocare.com](http://www.jayamorthocare.com) for more information