



PLANTAR FASCIIITIS HEEL PAIN

Usually you are able to jump out of bed in the morning and get your day started. Not today. You know that first step you take is going to be miserable. You've had the pain in your heel for the last few weeks and you don't know why. Those first few steps feel like someone is stabbing you in the bottom of your foot. It eases up after a few steps. It returns throughout the day. You get up from sitting, pain. You walk any distance, pain.

You stand too long, pain. By the end of the day, you just want to get off your feet. Sound familiar?



YOU ARE NOT ALONE

Two million people suffer from plantar fasciitis/heel pain each year. In fact, it's thought that at some point, 10% of the population will have it at some point in their life. It's not the result of any injury, but there are factors that may predispose you to develop it. Some of these include, but are not limited to:

- Tightness in your calf muscles
- Being overweight
- Wearing shoes that do not offer the proper support or cushion for your foot type

And although it may improve over time, it may take as long as 12 months for it to go away.

BUT YOU DON'T NEED TO DEAL WITH THE PAIN

Take control and get started on the path to recovery.

HOW?

1

First...look at the bottom and inside of your shoes. Do you see a particular wear pattern? This could be indicative of problems with your gait (the way you walk). We will discuss this more in depth at our workshop, so make sure you bring a older pair of shoes with you.



2

Second...Perform the Great Toe Stretch! This will help to stretch out the plantar fascia (the arch) in your foot, as tightness in the fascia may be a contributing factor in your heel pain. A video of this stretch is below. Hold this stretch for 10 seconds, relax for 10 seconds, perform it 10 times. Do this stretch three times per day. Do not stretch too hard that it causes pain. Do it every day, especially before you get out of bed.

[Click below to watch video](#)

<https://www.youtube.com/watch?v=hhEuk2QZOuE&feature=share>



3

Third...Freeze a bottle of water. Place this on the floor. Sit in a chair and gently roll the frozen bottle under the arch of your foot for a few minutes. Give enough downward pressure with your foot so that it does not hurt, but “feels good”. While doing this, angle your foot slightly to the ceiling to give an added stretch to the arch. Do this for only a few minutes each day, we don’t want you to get frostbite! If you have circulation issues, talk to your medical professional before performing this activity.

[Click below to watch video](#)

<https://www.youtube.com/watch?v=fEiIPA59KS0&feature=share>



WORKSHOP

4

Fourth...Come to our workshop to learn more tips from our therapists and how physical therapy may be of benefit. Studies have shown that, although stretching the calf and foot can reduce heel pain, the addition of hands-on physical therapy resulted in better pain relief and greater improvements in function during the first month of treatment.

See you at the workshop. If you cannot make it, please call and let us know so that we can offer your spot to another individual. We expect it to be full!

1. Hands-on Physical Therapy and Stretching Prove Effective for Treating Heel Pain
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