



Want to know a little more?

## Plantar Fasciitis

The plantar fascia is a broad flat ligament type structure that attaches from the base of your heel (calcaneus) and fans out to the ball of the foot. The plantar fascia helps to support the many joints within the midfoot and helps maintain the arch of the foot.

Plantar fasciitis is an inflammation and micro-tearing of the plantar fascia with pain most often under the heel. If the inflammation is long standing a bone spur may develop at the attachment point of the calcaneus.

Plantar fasciitis may occur as a result of poor biomechanics of the foot, particularly with flattening of the arch or pronation. Other factors may contribute including tightness of calf muscles, poor strength of the small foot muscles, and the hip and knee muscles. In addition, poor footwear may restrict the normal movement of the foot and further irritate structures.

Physiotherapy management of plantar fasciitis initially involves reducing inflammation of the plantar fascia to reduce pain. This may involve trialling supportive taping techniques for your foot to improve biomechanics. Your physiotherapist can then provide individually moulded and adjusted orthotic inserts for your footwear for continual support for your feet. In addition, specific strengthening and stretching exercises are required to provide effective long term management.



Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist