



Plantar Fasciitis

Foot pain when you get out of bed?



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UBC

UBC Hospital, 2nd Floor, Unit 2C
2211 Wesbrook Mall
t: 604-822-7988
(By Appointment Only)

Plantar Fasciitis

The #1 Referred Lower Extremity Condition

According to research, the most effective treatment for Plantar Fasciitis is the Night Splint.

Most healing occurs overnight when the arch is in a shortened, relaxed position. Upon standing in the morning, this scar tissue is not "long" enough, and tears when weight bearing occurs. These events are the cause of morning pain.

A night splint holds the foot in a better position for healing to occur, breaking the re-tearing and healing cycle.

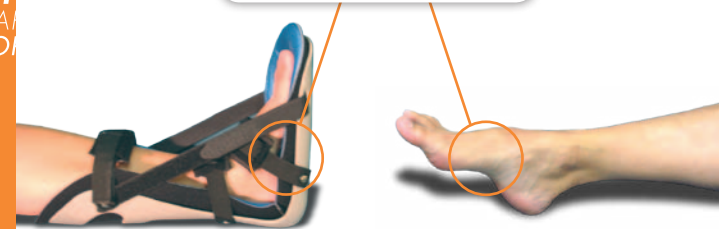
*A step-by-step guide to causes, concerns and proper treatment **for your feet***

FOOTWEAR + ORTHOTICS

TRIDE LEAP **EXERCISE** RIDE SPRINT **RUN** LIVE BALANCE **P**
ORT MOVE WORKOUT **LIFT FIT** MOVE TRAVEL **WALK** **CA**
TEP BOUNCE LUNGE **EXERCISE** **PERFORM** STRETCH **WO**



Contracted, shortened arch at rest brought to Neutral in the Plantar Fasciitis Night Splint



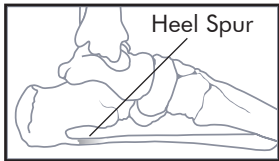
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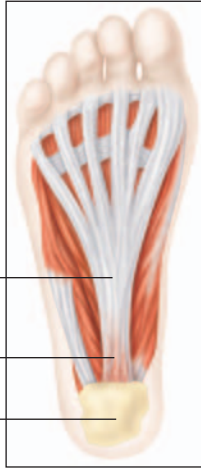
Plantar Fasciitis

What Is It?

Plantar fasciitis is the inflammation, fraying and/or tearing of the plantar fascia, resulting from excessive stress/tension on the tendon. The plantar fascia is a thick fibrous band of tissue that originates from the heel and fans across the bottom of the foot in a V-shape. It maintains the shape of the arch of your foot.



Plantar Fascia
Inflamed Fascia
Heel Bone (Calcaneus)



Symptoms

Plantar fasciitis is a common foot problem characterized by pain under the heel or arch on one or both of your feet. It starts as a dull ache, which may become more painful if left untreated. Other symptoms include sharp heel or arch pain during your first few steps in the morning, or with increased walking, running and sports activities.

Causes

Foot Mechanics: Flat, pronated feet can stretch the plantar fascia, while high, arched and rigid feet naturally possess a tight plantar fascia.

Muscular Factors: Tight calf muscles pull more on the heel bone, which strains the plantar fascia.

Activities: Carrying heavy loads, walking or running on hills, or standing for long periods can all create additional plantar fascia strain.

Footwear: High heels, worn-out or improper shoes can excessively stress the plantar fascia.

Individual: Weight gain and increasing age also place you at a greater risk.

Treatments

Early treatment is essential. You should combine as many treatments as possible for the quickest, most effective recovery.

- ✓ **Medication** such as anti-inflammatory pills (NSAID's) may be prescribed by your Doctor to reduce inflammation. With some long-term plantar fasciitis, cortisone injections can also help.
- ✓ **Custom Foot Orthotics** work in cases where there is a mechanical cause for the plantar fasciitis, such as a flat, collapsed foot. Orthotics help alleviate stress on the plantar fascia from sports and daily activities, and can prevent the condition from recurring.
- ✓ **Proper Footwear** with a strong base, a deep heel counter and additional cushioning features help support the arch, cushion impact and accelerate healing.
- ✓ **Rest** is extremely important. Use pain as your guide: If your feet hurt while standing or walking, limit the time spent on your feet.
- ✓ **Ice** the area under the heel and arch several times a day—especially after prolonged standing, walking and activity—to reduce inflammation and enable proper healing.
- ✓ **Physiotherapy**, massage therapy, and acupuncture can also help with recovery.
- ✓ **Stretching** is key - see next panel.

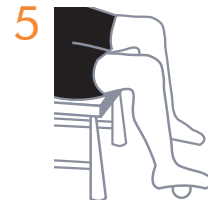
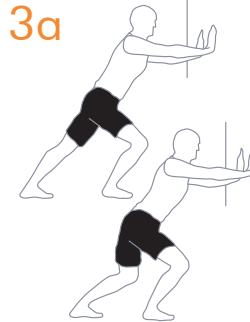
Sports Medicine Products

- ▶ **Gel heel cushions** can help by absorbing the shock and ease the pressure on the heel. Especially for those with high arched, rigid feet.
- ▶ **Over the counter arch supports** may also help in reducing the tension on the planter fascia. Always wear them in pairs.
- ▶ **Night splints** help the foot heel in a stretched position while you sleep, reducing morning pain.



Physiotherapy

Gentle stretching of the plantar fascia is key—especially in the morning—as it increases tissue flexibility and helps prevent fraying or tearing.



(Diagram 1) While lying point your feet and toes toward your head and hold for 20 to 30 seconds. Repeat 3 times.

(Diagram 2) While sitting, rest your left foot on your opposite knee and pull back on your toes with your left hand. Massage the bottom of your foot with your right hand for at least 30 seconds then repeat on the other side.

Diagram 1 and 2 are especially helpful first thing in the morning.

Stretching the calf muscles is also important in reducing the stress on the plantar fascia.

(Diagram 3a, 3b) Lean against a wall or chair. Keep your upper body vertical and your feet pointed forward, one staggered ahead of the other. Keep your back knee straight and hold this stretch for at least thirty seconds.

Bend your back knee and hold for at least 30 seconds. Repeat on the other side. If your feet are extremely sore do this stretch seated on the floor and use a towel or belt to pull on your feet.

Strengthening the muscles and ligaments in your feet is important to support the injured area. Performed properly, this exercise can help prevent re-injury.

(Diagram 4) Place a towel on the floor. Curl the towel towards you using only your toes. Increase resistance by adding weight onto the end of the towel. Repeat several times.

(Diagram 5) Massaging the fascia under the foot will also provide some relief. Use a rolling pin, or fill a plastic bottle with water and let it freeze. Roll the object back and forth under each foot for at least 60 seconds.

For more specific exercises consult with a physiotherapist.