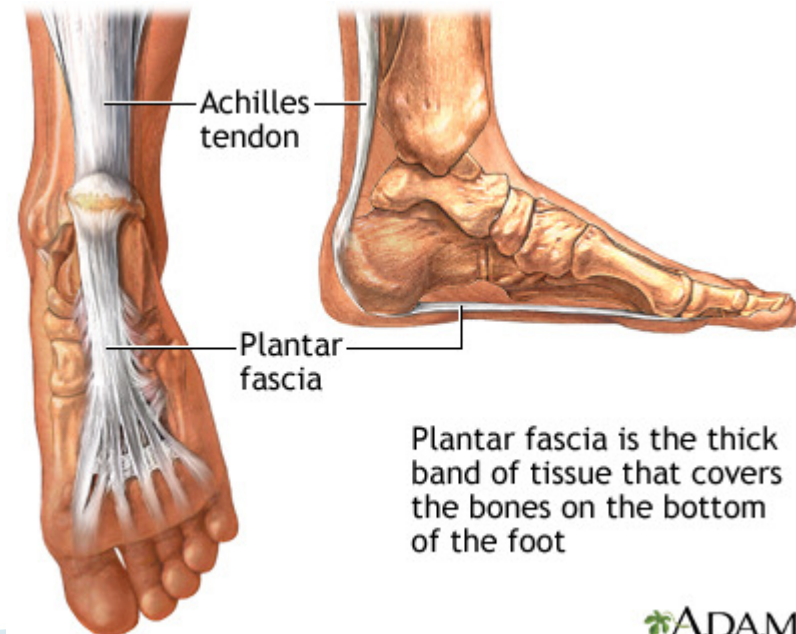


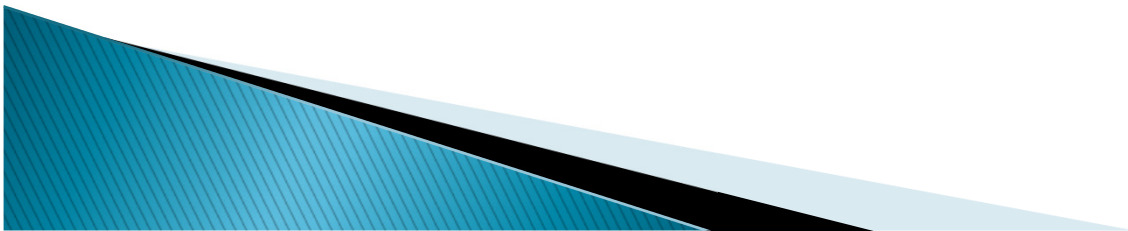
Plantar Fasciitis

“A painful condition involving inflammation or swelling of the fascia which connects the heel to the toes” – C. Benjamin (2014).



Symptoms and Clinical Signs

- ▶ Sharp, dull, aching or burning pain
- ▶ Stiffness in the heel
- ▶ Pain taking first steps in the morning or walking up stairs
- ▶ Pain when standing or sitting for extended periods



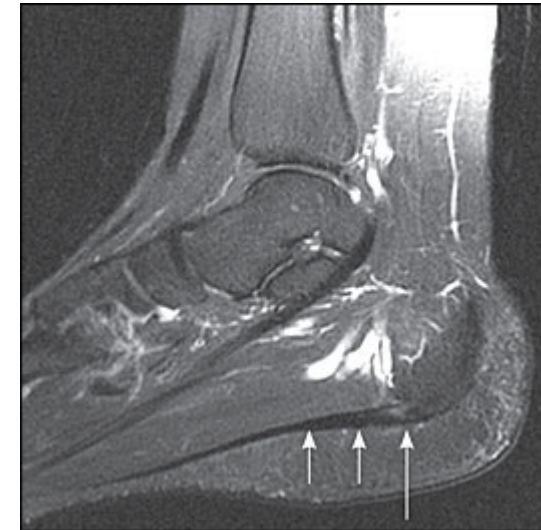
Diagnosis



Pain at the Medial Plantar Calcaneal region of the heel upon Physical examination of Ankle and Toe Dorsiflexion



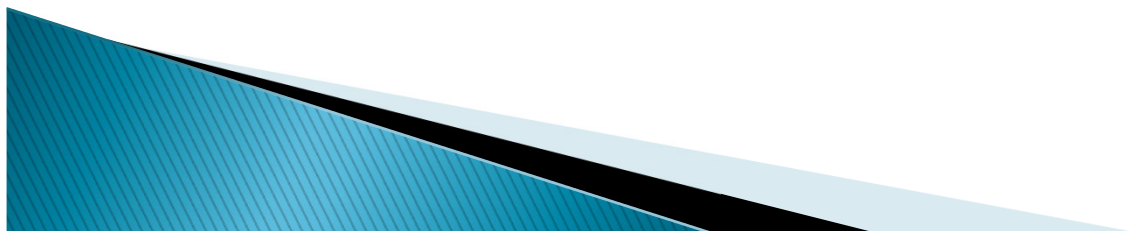
X-Ray revealing bone spur on the heel



Magnetic Resonance Imaging (MRI) showing thickening of the Fascia

Causes and Risk Factors

- ▶ Foot arch issues or bone spurs on the heel
- ▶ High impact sports or movement
- ▶ Obesity
- ▶ Tight Achilles tendon (connecting the heel to the calf muscle)
- ▶ Footwear with poor arch support
- ▶ Pregnancy or sudden weight gain



Treatment

- ▶ Orthotics and compression socks
- ▶ Stretching, rest, elevation and ice
- ▶ Dry Needling to increase blood flow to the area
- ▶ Night splints to maintain stretch of the Achilles
- ▶ Anti-inflammatory medication
- ▶ Physiotherapy to perform deep myofascial massage, and eccentric muscle stretches
- ▶ Shock wave therapy if symptoms persist for more than 6 months



Ergonomic Tips

- ▶ Supportive footwear
- ▶ Using a footrest which places the foot into flexion if working at a computer
- ▶ Taking rest breaks and going for a walk
- ▶ Reducing time spent running or performing high-impact activities



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