

# HUMAN PERFORMANCE CENTRE

## What is Plantar Fasciitis and What Can You Do To Reduce Your Symptoms? We Can Help!

**Question:** When I get out of bed in the morning or after I've been sitting for a while I have pain in the bottom of my foot during my first few steps. It seems to be getting worse and bothers me at the beginning of my walks and runs. Any suggestions?

**Answer:** It sounds like you may be suffering from a case of Plantar Fasciitis or Plantar Fascia Dysfunction.

Symptoms are characterized by pain and tenderness to the heel that may radiate out to the midsection of the foot. Often, in the earlier stages, pain lessens as you use your foot and is worse after resting. As the condition progresses pain becomes constant and more severe.

The plantar fascia is the connective tissue that runs from the heel to the base of the toes. It functions to support the bottom of the foot. It becomes irritated and inflamed when it is

repeatedly stretched beyond its normal length. This may be a result of a sudden increase in training, worn-out or improper footwear, tight muscles, and/or weak muscles that help support the arch and joints of the foot.

Treatment includes relative rest (back off on the activities that irritate such as prolonged standing, prolonged walking and running especially speed work and hills, substitute pool running to achieve similar training effects without the stress on your feet), ice application (using an ice cup for about 3 minutes many times per day except immediately prior to activity), stretching (long slow comfortable stretching for the calf. The classic wall stretch works well making sure you do it with both the knee bent and straight), check your footwear (are they excessively worn) and finally consult a medical professional to confirm that the problem is plantar fascia dysfunction. Physiotherapists can offer additional treatment

such as ultra sound, acupuncture, laser, taping, and very specific exercises.

Need more help to get your body working and back to where you would prefer? Contact our clinic and we will match you up with one of our awesome therapists.



738-8299  
3636 Westfield Road



**Earle Burrows, PT**  
*Earle is a physiotherapist and CEO of the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299.*