

## **Condition: Plantar Fasciitis**

### **Symptoms**

- Sharp pain in the heel, especially with the first steps in the morning or after periods of rest
- Pain usually improves with activity but worsens after prolonged weight-bearing

### **Clinical Examination Findings**

- Tenderness on palpation of the medial plantar calcaneal region
- Pain with passive dorsiflexion of toes
- Limited ankle dorsiflexion range of motion

### **Diagnosis**

Plantar fasciitis is a common cause of heel pain, often due to overuse and strain of the plantar fascia, the ligament connecting the heel to the front of the foot.

### **Treatment Goals**

- Primary: Reduce pain and inflammation
- Secondary: Improve foot biomechanics and function
- Ultimate: Return to normal activities without pain

### **Recommended Treatment and Management**

- Rest and reduce activities that exacerbate pain
- Ice application to the painful area
- Stretching exercises for the calves and plantar fascia
- **Custom Feet Orthotic devices for arch support**
- Physical therapy
- NSAIDs for pain relief, if necessary

### **At-Home Management**

- Regular stretching exercises
- Avoid walking barefoot
- **Use of Custom Feet orthotic insoles**
- Use supportive footwear
- Application of ice packs to reduce inflammation

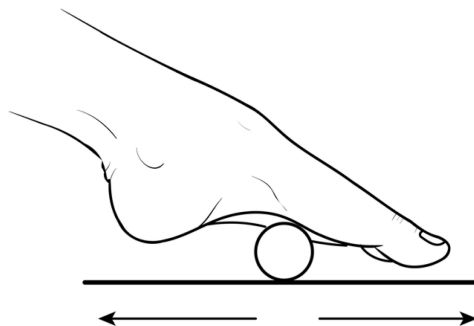
### **Additional Information**

Most cases of plantar fasciitis can be effectively managed with conservative treatment. Persistent cases may require more advanced interventions.

### ***Plantar Fascia Massage***

Using a golf ball to massage the foot can be an effective way to relieve symptoms of plantar fasciitis. This technique helps in loosening up the plantar fascia, the thick band of tissue that runs along the bottom of your foot, connecting your heel bone to your toes. Here's a step-by-step guide:

- **Equipment Needed**
  - A golf ball (alternatively, a similarly sized firm ball like a lacrosse ball or a frozen water bottle can also work)
- **Instructions**
  - Sit in a stable, comfortable chair.
  - Place your foot on top of the golf ball so that the ball is under the arch of your foot.
  - Gently press down with your foot to apply pressure on the golf ball. Adjust the pressure to a comfortable level – it should not cause pain.
  - Slowly roll the ball under your foot, moving from the base of your toes to your heel and back.
  - Focus on rolling along the length of the arch.
  - Pay special attention to any particularly tender areas but avoid applying excessive pressure.
  - Continue to roll the ball for 3-5 minutes. If comfortable, you can gradually increase the pressure to help loosen the plantar fascia further.
  - If needed, repeat the exercise on your other foot.
  - Perform this exercise 2-3 times a day, especially in the morning and after long periods of sitting or standing.
- **Tips**
  - Start gently, especially if your foot is very tender.
  - If a golf ball feels too hard, you can start with a softer ball and gradually work your way up.
  - For an added effect, you can chill the golf ball in the freezer before use. The cold can help reduce inflammation.
- **Caution**
  - If you feel increased pain or discomfort beyond mild discomfort, stop the exercise.



### ***Calf Stretch***

- Start Position
  - Stand facing a wall approximately an arm's length away.
  - Place your hands on the wall at shoulder level.
- Movement
  - Step one foot back, keeping it straight with your heel flat on the ground.
  - The other foot should be in front of you, knee bent.
  - Keep your back straight and hips facing forward.
- Hold
  - Lean into the wall, pressing your back heel into the floor.
  - You should feel a stretch in the calf of your back leg.
  - Hold this position for 15-30 seconds.
- Repeat
  - Return to the starting position and switch legs.
  - Repeat 2-3 times on each leg.

**\*\*Stretch to the point where you feel a comfortable tension but no pain\*\***



***Calf Raises***

- Start Position:
  - Stand upright, holding onto a chair or countertop for balance.
- Movement:
  - Rise up onto your toes, lifting your heels off the ground.
  - Hold the raised position for a moment.
  - Lower your heels back down to the ground.
- Repetitions:
  - Perform 2 sets of 15-20 repetitions.

