

PLANTAR FASCIITIS

A GUIDE TO SELF TREATMENTS

Hook Podiatry Monmouth

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IS IT REALLY PLANTAR FASCIITIS?

Not all heel pain is plantar fasciitis, there are a number of other conditions that it could be, therefore correct diagnosis by a podiatrist is recommended before starting any treatment regime.



YES, ITS PLANTAR FASCIITIS, WHAT NOW?

Stretching, that is your number 1 home treatment, you need to stretch your calf muscles, also the plantar fascia itself. Then add in some strengthening exercises. There are some videos on my website with guides to these stretches/exercises.



REST AND FOOTWEAR

Relative rest, which means, keep moving but within your limits, listen to your body. Don't over exercise and cause more inflammation which in turn causes more damage. Also wear supportive footwear, i.e. quality trainers with a slight heel raise/orthotic even around the house, instead of slippers or barefoot.



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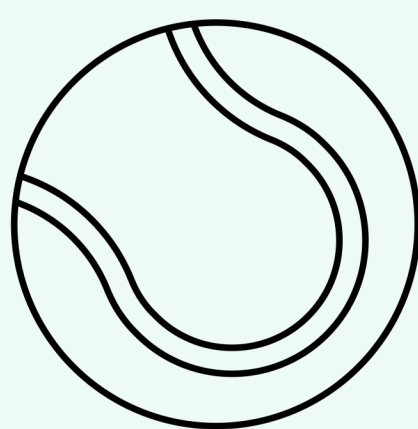
ICE WATER BOTTLE MASSAGE

Use a round water bottle, fill with water then freeze it. In the evenings sit down, put the frozen water bottle on the floor and roll it under your foot to ice pack and massage your heel at the same time for 5 minutes, wear a sock to avoid an ice burn.

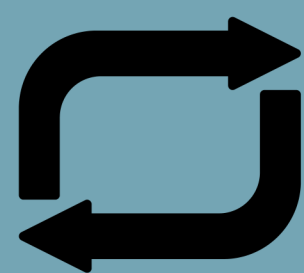


OR A BALL

Alternatively you can use a ball, golf ball or lacrosse balls are good, if you find those a bit too hard then a tennis ball will do to start.



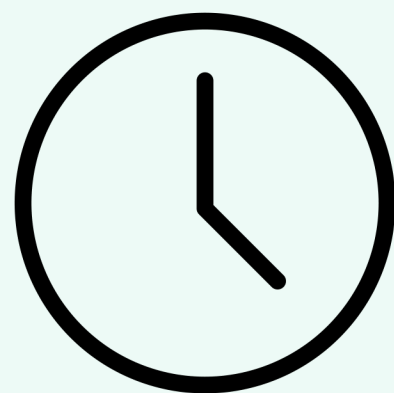
How to stop it happening again



There is no simple answer for this, for some it is weight loss, others it is orthotics to stop over pronation, others continued strengthening and stretching exercises.

STILL HURTS?

If you have had heel pain for more than 3 months then it is time to get professional help, shockwave therapy works great on chronic heel pain, give me a call or book yourself in online.



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