

FOOT CARE (PLANTAR FASCITIS)



Definition: Plantar = Bottom of foot

Fascia = Tissues that make up your arch

Itis = Irritation or inflammation

Symtoms: Pain in arch or heel especially upon rising in the morning or getting up to walk after sitting for a long time.

WHAT YOU NEED TO DO SEVEN EASY STEPS

Massage your arch: Use a small ball such as a doggy toy, a racquet ball, golf ball or small tennis ball. Massage only the arch and avoid the heel and ball of your foot. Do this for 2 to 3 minutes at least once each day.



Do toe scrunches: Pretend there is a towel under your foot and you are using your toes to gather it up under your arch. Do this for about 2 minutes at least once each day.

THE KEY FOR SUCCESS—Stretch your calf muscles:

Use a wedge (as seen here), a thick book or put your foot up against a solid object. Next step your other foot forward until you feel the stretch in your calf. **NOW THE MOST IMPORTANT THING:** Keeping your stretched foot stationary, turn your hips, pelvis and upper body toward the opposite foot. You should feel the stretch move from the back of the calf to the outside of the calf. Hold this stretch for several minutes or until you feel the pull beginning to fade. This stretch can be done several times each day but most importantly right before bed. That way the tissues can do some healing as you sleep.



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Wear insoles and thick cushy socks: You may find it necessary to experiment with various insoles to find a pair that feels good. You might also have to remove the original insoles from your shoes so the new ones will fit. Always have your insoles with you when you shop for new shoes.



Strip out the muscles of your foreleg: Use lotion and your fingers or even better, a massage roller (as seen here). Do this for 1 to 2 minutes on each area. Be sure to always stroke up the leg towards your knee and never down.



← First massage the outside front of your leg.

Then massage the outside back of your leg.



Use a night splint: This type of splint will gently stretch the plantar fascia as you sleep. There are several different models and designs. Simply Googling “Plantar Fasciitis Night Splint” will reveal many choices. It may take many months for the problem to clear up so be sure to stick with it!!

REMEMBER: If you are unsure of your problem, see your health care provider first for advice before beginning any self care procedures.!!