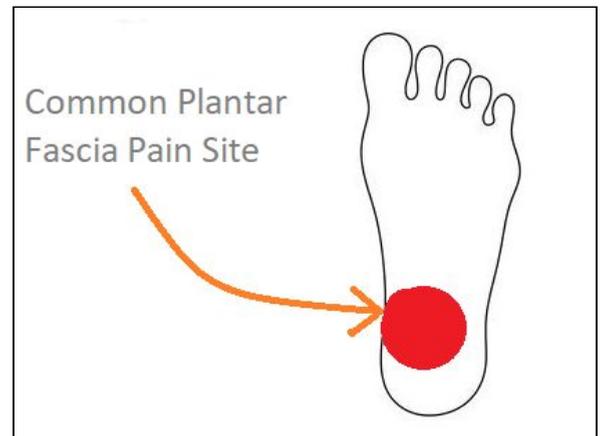


## 5 Tips to Recover From Plantar Fasciitis

Ok before we run through our top 5 tips for recovering from Plantar Fasciitis let's make sure we know a little bit about the condition. The Plantar Fascia is a thick fibrous band of tissue that runs underneath the foot from the heel bone all the way to the ball of the foot. This connection between the heel and ball of foot serves to turn the foot into a stiff lever to enable efficient walking and running.

The typical signs that you may have Plantar Fasciitis include:

- Pain under the foot most commonly on the inner side of the heel near the arch
- Pain is worse putting weight on the heel, most pronounced first thing in the morning or after a period of rest
- Pain generally improves after walking for a short period of time, but may worsen again after prolonged periods standing or walking
- The underneath of the heel will likely feel tender and thick to touch



The Plantar fascia is susceptible to injury due to a number of reasons such as:

- Sudden increases in or excessive volume of physical activity
- Changes in footwear, in particular wearing old/unsupportive footwear, thongs or no footwear at all
- Tightness or Weakness in the lower leg muscles such as the calf
- Flat or High Arch foot structure
- Weight Gain, particularly if sudden
- Occupations involving prolonged periods standing and walking particularly on hard floors

While there is generally no one size fits all solution to Plantar Fasciitis if the above sounds like what you are suffering from then these tips are a great place to get started. Also keep in mind that the longer you have had these symptoms the slower your response will be, for example if you have had Plantar Fasciitis for 1 month your recovery will usually be far more rapid and less complex than if you have had it for 2 years.

If you have already been through the steps below and haven't achieved the results that you want then we suggest you move on to the next step - **'REVIEW YOUR PLANTAR FASCIITIS MANAGEMENT PLAN'** with one of our Podiatrists. Call us on 8234 8666 or click [HERE](#) to Book Online.

## Alright let's get started!



# 1 Wear Shoes!

Our first tip might seem pretty simple but let me explain. Over my past 17 years in clinical practice I have seen a strong correlation between the onset of Plantar Fasciitis and the Summer months. Looking at this further we notice that in Summer we tend to kick off our closed Winter shoes in favour of thongs, sandals and even barefooting it. On top of wearing less supportive footwear in Summer we also tend to be more physically active and so this combination puts us at greater risk of suffering Plantar Fasciitis.



The ideal shoes to wear initially are going to be your Sneakers (don't rush out and get new shoes just yet). Your Sneakers should provide you the most support and cushioning for your heel out of your current footwear options. Start by trying to wear them when you first get out of bed in the morning and wear them for as much of the day as possible, within reason! If you can't wear them all day, perhaps due to work or social commitments, that's ok just remember that something is better than nothing. Also consider that the less time you spend in supportive footwear early in your recovery the longer your recovery will likely take.

If you are really struggling to wear shoes all the time then an alternative solution to thongs, sandals and going barefoot is our '**ARCHIES THONGS**' which look like regular thongs but provide some additional arch support and cushioning, you can find out more about Archies Thongs [HERE](#).

# 2 Don't REST

Plantar Fasciitis can be a debilitating condition and I often see clients who have been avoiding physical activity due to their Plantar Fasciitis symptoms. The problem with '**REST**' is that significantly reducing our physical activity levels can lead to weight gain, a key causative factor in Plantar Fasciitis. '**REST**' also significantly reduces loads through the Plantar Fascia which current evidence suggests can weaken the structure of the Plantar Fascia and make it less resilient or in other words more easily aggravated by physical activity.



So instead we recommend '**ACTIVITY MODIFICATION**' where we find a level of activity that is manageable to maintain our Health and Fitness without placing excessive stress on the Plantar Fascia. The level of activity modification will vary from person to person but a good guide to use here is your '**24 HOUR PAIN PATTERN**'. Using the '**24 HOUR PAIN PATTERN**' if you do an activity, eg long walk or run, and your Plantar Fascia pain is worse 24 hours after completing the activity then it is likely too long or too intense (Note: its ok if your pain is a bit worse during the first 24 hours as long as it settles to the pre activity level within 24 hours). Try reducing the distance, time or intensity until you find the sweet spot. Also consider reducing the frequency of your physical activity sessions, for example if you normally train every day try reducing to every second or third day and see if your '**24 HOUR PAIN PATTERN**' improves?

For some people there unfortunately isn't a sweet spot where they can continue to perform their normal activities at a reduced level in the early recovery stage. In this case '**ALTERNATIVE ACTIVITIES**' should be considered to help you maintain your Health and Fitness. Generally these activities will involve lower impact such as bike riding, cross trainers and swimming. Again you can use the '**24 HOUR PAIN PATTERN**' to determine if these '**ALTERNATIVE ACTIVITIES**' are appropriate.

## 3 Self Massage

Often muscles around the area of Plantar Fasciitis Pain can get tight, generally these muscles are tight because they have become overactive in an attempt to protect your Plantar Fascia from further injury. This overactivity can then become part of the ongoing pain associated with Plantar Fasciitis. These muscles can be released using some simple self massage techniques. Note: It's important in our early stages of management to focus on the area around the painful Plantar Fascia and **'AVOID RUBBING DIRECTLY OVER THE PAIN SITE'** as this can irritate the Plantar Fascia, increasing pain and delaying recovery.

Click the link [HERE](#) to see how to use a small ball to relieve some of the tight muscles through the arch of the foot often associated with Plantar Fasciitis. We suggest doing this 2-3 times per day for 2-3 minutes each time.

## 4 Stretching

To compliment your 'SELF MASSAGE' strategies follow them up with these simple stretches. The key with stretching is to **'STRETCH REGULARLY AND DON'T OVER STRETCH'**. It should feel like a comfortable strain rather than pain. If you are finding them painful try backing off a bit, if its still painful then perhaps it's not the right strategy for you just now, so leave that stretch for now and try again in a week or two.

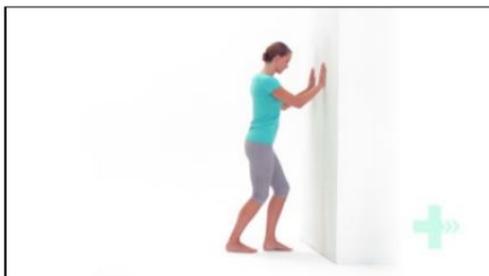
Here's our top 3 stretches thanks to Physitrack our Online Exercise Program Provider. We suggest doing these stretches 3-5 times per day.



*1 rep, 3 sets, 20 s hold*

### 1. Plantar fascia stretch in standing (wall)

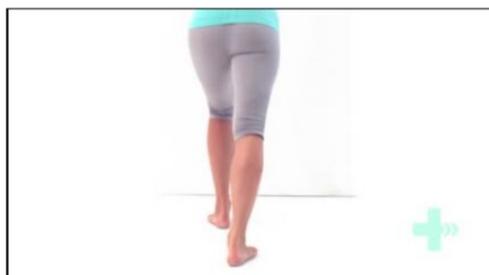
Stand up straight facing a wall. Place the toes of your affected leg on the wall. Keep your heel on the floor. Keep your knee straight and bring your hips towards the wall. You should feel a stretch down the back of your calf. Hold this position.



*1 rep, 3 sets, 20 s hold*

### 2. Soleus stretching

Start in a standing position, holding on to a wall for support. Step the affected leg backwards. Keeping the toes pointing forwards, bend the front leg, moving your body in this direction. Hold this position and allow the back knee to soften, your heel may come up a little. You should feel this stretch lower down in the calf near the tendon



*1 rep, 3 sets, 20 s hold*

### 3. Calf 1 (gastrocnemius)

Stand facing a wall, a pole or other support. Place both hands on the wall at chest level. Put one foot behind you and keep that foot flat on the floor. Bend your other knee and lean in towards the wall. Repeat on the opposite side.

# 5 Strengthening

In recent years some great research has gone into understanding and better managing Plantar Fasciitis. One of the most significant findings has been that the introduction of a '**SPECIFIC STRENGTHENING PROGRAM**' for the foot and lower leg can significantly improve pain and function in those suffering from Plantar Fasciitis. Here is a simple strengthening exercise we recommend starting with, try doing it 2-3 times per day:



## 1. Calf raise holding on

Stand with both legs straight and at hip-width apart. Hold on to a wall or supportive object for balance. Rise up onto your toes, keeping your legs straight, and control the movement back down to the start position.

*10 reps, 3 sets*

We hope you have found our '**5 TIPS TO RECOVER FROM PLANTAR FASCIITIS GUIDE**' helpful in your recovery. We suggest trying this for 1-2 weeks initially, if you aren't experiencing any significant improvement in your Plantar Fasciitis Pain after this period, and have been following the Guide, we recommend reviewing your '**INDIVIDUAL MANAGEMENT PLAN**' with one of our Podiatrists. There are many options for managing Plantar Fasciitis and our Podiatrists can help direct you towards evidence based solutions most appropriate for your unique individual condition.

To book your review contact us on 8234 8666 or Book Online [HERE](#).

All the Best in your Recovery!



Angela Barker  
Senior Podiatrist  
Tripod Podiatry