

Plantar Fasciitis

Self-care Guide

Introduction



Plantar fasciitis is the most common cause of heel pain. The plantar fascia is the flat band of tissue (ligament) that connects your heel bone to

your toes. It supports the arch of your foot and function as a shock-absorbing bowstring during walking and jumping.

Causes

When tension and stress on plantar fascia become too great, small tears can arise in the fascia. Repetitive stretching and tearing can cause the fascia to become irritated or inflamed and lead to plantar fasciitis. Plantar fasciitis is more common in female than male. In addition, people who are overweight; prolonged walking or standing at work; having history of flat feet; and those who wear shoes with inadequate support such as high heel shoes have an increased risk of plantar fasciitis.

Symptoms

Plantar fasciitis typically causes a stabbing pain in the bottom of your foot near the heel. The pain is usually the worst with the first few steps after awakening in morning as the inflamed plantar fascia was under loading after prolong rest at night time. Similar pain can be triggered after long period of standing or rising from



sitting. Repeated stretching of the plantar fascia after prolonged walking can also irritate the fascia and increase the symptom.

Home care

Acute inflammatory stage:

Take rests if there is redness or hotness over the heel, pain at rest or during sleep. Avoid bare feet walking and reduce the daily walking distance. Rolling the foot on an iced bottle for 15 min, several times per day until symptoms improved.



Chronic stage:

After the acute inflammation subsided, following the home care as instructed by therapist can promote the recovery :

1. *Stretching exercise*

- Hands on wall, keep the feet contact with the ground, bend the forefoot until stretching feeling in the rare leg, hold 10 sec and repeat 10 times



2. *Warm water bath*

- Immerse the feet into warm water (<45°C) for 15 min for circulation promotion and pain reduction.

3. *Use of insole*

- Avoid bare feet and flats, wear shoes with good arch support. Use insole to decrease the stress.