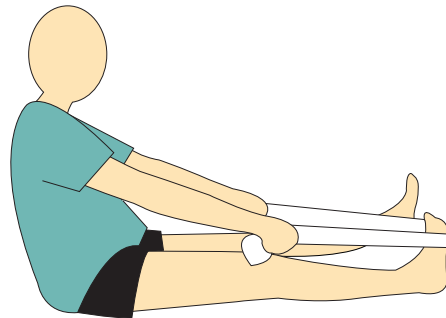


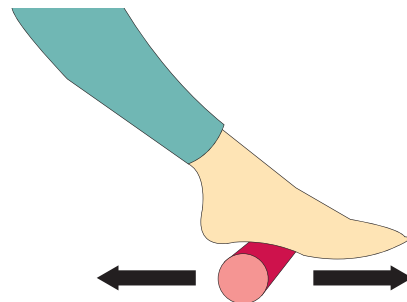
Stand on the bottom step of some stairs with your legs slightly apart and with your heels just off the end of the step. Hold the stair rails for support. Lower your heels, keeping your knees straight. Again you should feel the stretch in your calves. Keep the position for approximately 20 seconds then relax. Repeat six times. Try to do this exercise twice a day.

Sit on the bed with your legs out in front of you. Loop a towel around the ball of one of your feet. With your knee straight, pull your toes up towards you. Hold the position for 10 - 15 seconds and repeat three times. Repeat the same exercises for the other foot. Try to do this morning and night.



You may find it helpful to massage the bottom of your foot. Sit down on a chair and cross your leg (as the diagram shows). Hold your toes and gently stretch them back towards you using small circular movements, massage along the foot, from the heel to the toes.

For this exercise you need an object such as a rolling pin or a drinks can. Whilst sitting in a chair put the object under the arch of your foot. Roll the arch of your foot over the object in different directions. Perform this exercise for a few minutes for each foot at least twice a day.

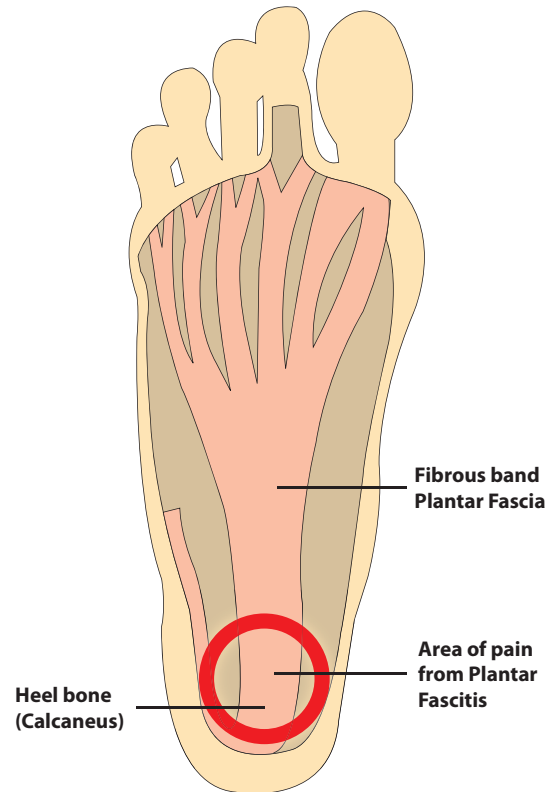


Patient Information

Advice and Exercises for the Treatment of Plantar Fasciitis (Heel Pain)

What is plantar fasciitis?

Plantar fasciitis is a common degenerative condition affecting the tissue band (fascia) connecting the heel bone to the base of the toes. The major symptom of plantar fasciitis is pain beneath the heel and on the sole of the foot. The pain is often worse when weight bearing, particularly when first getting out of bed or rising after being seated for some time.



Who is affected by plantar fasciitis?

While anyone can develop this, it is more likely to occur in those whose lifestyle or occupation causes abnormal amount of stretching of the plantar fascia. Among the factors that increase the risk of developing this is: increased activity, obesity or weight gain, poor footwear and standing for long periods of time.

Treatment Includes:

ICE – Pain can be relieved by placing ice (not directly onto skin – wrapping a towel) to the area for 20 minutes up to four times daily.

REST – Avoiding high impact activities is sensible. Rest or modification of activity is recommended .

ANALGESIA – can be used to help with the treatment of pain.

WEIGHT LOSS – is recommended to prevent future episodes.

FOOTWEAR – must be an enclosed shoe with a lace, Velcro or buckle fastening. The sole must have some flexibility, and have adequate width and depth to accommodate the foot. Sandals and court shoes are not appropriate.

EXERCISES – Exercise is the most important part of the therapy.

These are the stretches you can do to help

Stand about 40cm away from a wall and put both hands on the wall at shoulder height, feet slightly apart, with one foot in front of the other. Bend the front knee but keep the back knee straight and lean in towards the wall to stretch. You should feel the calf muscle tighten. Keep this position for 10 – 15 seconds then relax. Do this about 3 times, then switch to the other leg. Now repeat the same exercise for both legs but this time bring the back foot forward slightly so that the back knee is also slightly bent, Lean against the wall as before, keep the position, relax and then repeat 3 times before switching to the other leg. Repeat this routine twice a day.

