

Plantar Fasciitis



©iStockphoto.com

This information leaflet has been produced by Senior Physiotherapists working at the Queen Victoria Hospital NHS Foundation Trust.

Plantar fasciitis (inflammation of the plantar fascia) is the most common form of heel pain. The plantar fascia is the flat band of tissue (ligament) that connects your heel bone to your toes and supports the arch of your foot.

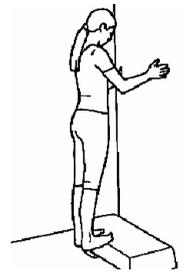
Plantar fasciitis usually occurs at the point where the ligament inserts into the heel bone and is caused by over-stretching or a repeated strain of the plantar fascia.

Exercises

Repeat the following exercises twice daily. Although there may be some discomfort during the exercises, they should not cause an increase in overall pain. Complete all exercises twice daily.

1. Stand on a step with both heels over the edge. Hold on for support.

Keeping your knees straight, let the weight of your body stretch your heels towards the floor. Hold this stretch for 30 seconds.



©Physio Tools Ltd.

2. Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Hold on for support.

Lean your body forwards and down until you feel stretching in the calf of the straight leg. Hold this stretch for 30 seconds.



©Physio Tools Ltd.

3. Now bring the back leg closer towards the front leg and bend it slightly.

Gently squat down without until you feel stretching in the calf of the back leg. Your heel should not lift. Hold this stretch for 30 seconds.



©Physio Tools Ltd.

4. Stand facing a wall. Put your foot against the wall keeping your heel on the floor.

Bring your pelvis forwards and feel the stretch in the sole of your foot and calf. Hold this stretch for 30 seconds.



©Physio Tools Ltd.

Finally, roll your foot back and forth over a frozen drinks bottle. Repeat slowly for five to ten minutes.



PhysioTools

Useful hints

Wearing supportive footwear and avoiding aggravating activities such as walking barefoot or in flat shoes can help speed recovery. Soft heel inserts can be used to minimise the pressure and pain experienced in the heel.

Physiotherapy

Ultrasound (electrotherapy), massage, specific rehabilitation and taping can all help to speed up recovery from plantar fasciitis.

And finally...

If you have any queries regarding this information or the exercises provided, please contact the

Physiotherapy Department: Tel - 01342 414004

Please ask if you would like this leaflet
in larger print or an alternative format.

Physiotherapy

Issue 1 – Ref: no. 0411

Approved by the Patient Information Group

Print November 2012 – Review November 2015

© Copyright QVH NHS Foundation Trust

www.qvh.nhs.uk