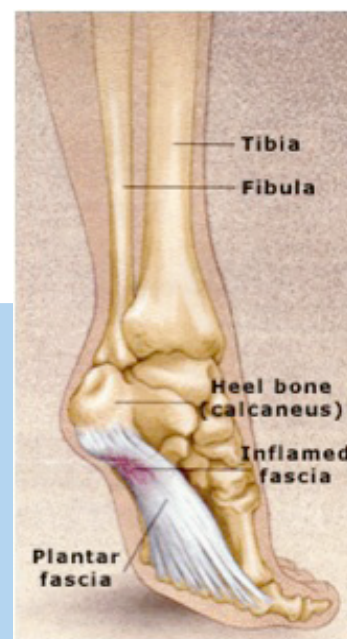




PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

PLANTAR FASCIITIS

The plantar fascia is a fibrous band of tissue that runs from the back of the heel bone to the toes. This fascia acts as a support to the foot with weight bearing. Plantar fasciitis is the most common cause of pain on the bottom of the heel. Pain is usually worse with the first steps taken in the morning or after sitting down for a while or even with walking throughout the day. Pain may also be felt throughout the entire bottom surface of the foot.



FACTORS THAT CONTRIBUTE TO INJURY

Plantar fasciitis is considered to be a chronic inflammatory syndrome more than an acute injury. It is common in activities such as running or soccer, where the foot is used repetitively. It is also common in individuals who increase their activity suddenly.

Other factors include:

- High arched foot, flat foot, tight Achilles tendon
- Obesity or sudden weight gain
- Change in walking or running habits
- Shoes with poor cushioning
- Change in walking or running surface
- Occupation with prolonged walking or standing

SIGNS AND SYMPTOMS

- Pain over bottom of heel, sometimes into arch and toes
- Pain is worse in the morning or after sitting
- Pain with walking or running
- Sometimes tender to touch
- Pain is sharp until warmed up and then pain becomes a dull ache
- If the problem has persisted for a long time a heel spur may have developed



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- Ice (See RICE handout for ice massage)
- Modify activity
- May need to change cleats each season...especially if playing soccer year round
- Gastroc/soleus stretch
- Arch supports/orthotics in cleats (which typically do not have ideal arch support)
- Arch massage
- Towel curls



Hold for 20 seconds. Repeat 3 times. Do 3 times per day.



Roll back and forth for 3 minutes. Do 2-3 times per day.