

----- THE ULTIMATE GUIDE TO ----- FIXING YOUR HEEL PAIN



WHAT IS HEEL PAIN

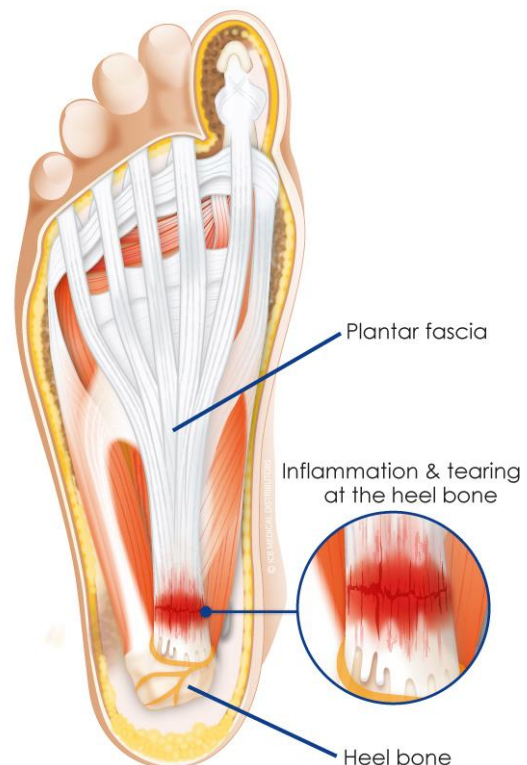
The most common cause of heel pain is a condition called plantar fasciitis – inflammation of a thick band of tissue (the plantar fascia) which runs under the bottom of your foot connecting your heel bone to the toes. As the foot flattens on the ground during gait the plantar fascia can become over-stretched causing microscopic tearing of the tissue. This results in inflammation and pain.

CAUSES

- Flat Feet – feet rolling inwards
- High Arched Feet
- Tight Muscles - Achilles Tendon
- Poor Footwear
- Poor Foot Function – Excessive Pronation

SYMPTOMS

- Pain at the base of the heel or in the arch.
- Pain usually occurs with your first few steps in the morning.
- Pain may reduce once the foot 'loosens up', before returning after long hours on your feet, or after getting up from a prolonged period in a seated or lying position.



----- THE ULTIMATE GUIDE TO----- FIXING YOUR HEEL PAIN

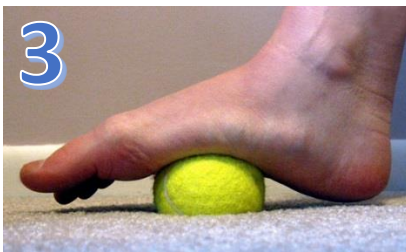


REST and ICE

Being an overuse injury, plantar fasciitis is aggravated by increased activity that causes the plantar fascia to repeatedly pull on the heel bone. Rest as much as possible and, after activity, apply ice by rolling a frozen water bottle under your arch from heel to toe.

STRETCH THE PLANTAR FASCIA

In a seated position on the floor, place a rolled towel under the ball of your foot, holding the towel at both ends. Gently pull the towel toward you while keeping your knee straight. Hold this position for 15 to 30 seconds. Repeat 2 - 4 times morning and night, or when the plantar fascia feels 'tight'.

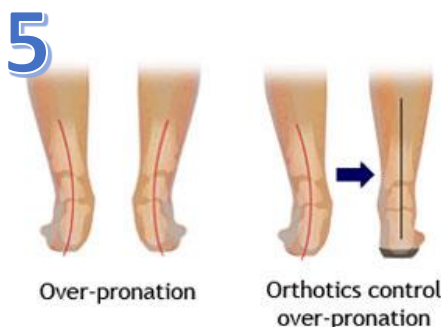


TENNIS BALL EXERCISE

Upon rising in the morning, sit on the side of the bed and place a tennis ball under the arch of your foot. GENTLY roll it between the heel and the toes for 15 seconds. Then roll the tennis ball in circles under the ball of your foot, then under the heel area for 15 seconds in each area. Repeat for other foot.

FOOTWEAR

Footwear is extremely important in the management of plantar fasciitis. Shoes should have a firm heel counter (around the back of the heel), limited 'twist' through the sole, and a good fastening system such as laces or a buckle. A built-in orthotic insole (such as with Orthaheel Footwear) is also desirable. Supportive sneakers or joggers are the best choice of footwear for heel pain.



CORRECT FOOT FUNCTION

Ultimately, your heel pain could be part of a much larger problem. Almost always, heel pain is a result of excessive pronation (feet rolling inwards) which is best corrected with orthotics – customised shoe inserts. Orthotics will correct abnormal foot function, reduce stress and stretch on the plantar fascia, and ultimately FIX YOUR HEEL PAIN !

© Copyright 2016
Galleria Podiatry



295 Walter Road, Morley, WA, 6062
P: (08) 9275 9006
E: office@galleriapodiatry.com.au
W: galleriapodiatry.com.au
F: facebook.com/galleriapodiatry