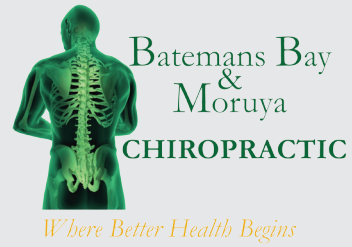


PLANTAR FASCIITIS



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Plantar fasciitis is a common, painful foot condition which is often confused with heel spurs. Plantar fasciitis refers to the syndrome of inflammation of the band of tissue that runs from the heel along the arch of the foot.

Plantar fasciitis is most often seen in middle-aged men and women but can be found in all age groups. It is diagnosed with the classic symptoms of pain well localised over the heel area of the bottom of the foot. Often the pain from plantar fasciitis is most severe when you first stand on your feet in the morning. At that time, the arch tissue is tight and simple movements stretch the contracted tissue. As you begin to loosen the foot, the pain usually subsides, but often returns with prolonged standing or walking.

When a patient has plantar fasciitis, the connective tissue that forms the arch of the foot becomes inflamed (tendonitis) and degenerative (tendinosis) - these abnormalities cause plantar fasciitis and can make normal activities quite painful.

Chiropractic Treatment Techniques

In order to successfully treat plantar fasciitis it is important to address the symptoms and contributing factors.

Symptomatic treatment involves:

- Dry Needling/Acupuncture;
- Taping techniques;
- Electrotherapy modalities;
- Stretching of the plantar fascia and calf;
- Soft tissue therapy to the plantar fascia (along with the calf/hamstring and gluteals).

Prevention and managing the causes involves:

- Providing appropriate footwear;
- Retraining exercises for maintenance of the arches of the feet;
- Assessment for orthotics and prescription thereof if required;
- Gait retraining;
- Strengthening of the intrinsic foot muscles so as to improve dynamic support of the longitudinal arch.

Plantar fasciitis is one of the most common foot pain conditions and often goes misdiagnosed.

BATEMANS BAY:

5 Old Princes Hwy, Batemans Bay, NSW, 2536
Ph: 02 4472 8111

MORUYA:

Ste 5/7 McIntosh Cntr, Mirrabooka Ave, Moruya NSW 2537
Ph: 02 4474 3233