



Patient Page

Running Injuries: Plantar Fasciitis

What is Plantar Fasciitis

Plantar fasciitis is a condition that usually develops gradually and can worsen over time if left untreated. Your plantar fascia is a band of thick connective tissue that begins at the heel bone and stretches to the undersurface of the toes. It has been estimated to affect up to 2 million Americans a year.

Risk Factors

- Decreased ankle mobility
- Recent increase in mileage
- Decreased calf strength or flexibility
- Poor neuromuscular control of leg
- Faulty footwear
- Recent increase in training intensity
- Increased foot pronation

Symptoms

- Pain with first few steps in the morning or after prolonged sitting
- Pain may improve with walking but worsen by the end of the day
- Pain relieved with rest (early stages)
- Pain not relieved with rest (later stages)
- Pain in the arch of the foot



Treatment and Prevention

Stretching and ice can be good early interventions if you are feeling pain. However, a recent study in JOSPT 2011 showed, "the addition of hands-on physical therapy resulted in better pain relief and greater improvements in function during the first month of treatment." The best treatment approach includes a comprehensive evaluation by a Physical Therapist to identify the underlying cause of the symptoms. Here are some helpful tips to decrease your risk:

- * Stretch your calves frequently, especially as you are increasing your mileage or incorporating hill workouts
- * Keep your hips and abdominal muscles strong
- * Buy a running shoe that matches your foot type



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