

FOOT PAIN... PLANTAR FASCIOPATHY

By Amy O'Shannassy (B. Physio)
Practice Director

WHAT

PLANTAR FASCI..WHAT?

Plantar Fasciopathy is pain experienced at the inside section of the sole of the foot predominately where the arch meets the heel bone. This pain is caused by degeneration and changes to the collagen of the 'Plantar Fascia'.



SIGNS

- Localized pain where your arch meets your heel bone
- Start up pain (when you get out of bed or after prolonged rest)

SYMPTOMS

- Pain with walking or running
- No specific incident. The pain gradually builds and may intensify with a change in activity levels

WHY ME?

There are many contributing factors or risk factors leading the development of Plantar Fasciopathy.

- Stiff Ankle or Big Toe
- Calf Weakness
- Calf Tightness
- Increased body weight
- High % of standing throughout the day
- Athletic population (Runners, Jumpers)

WHAT SHOULD I DO?



1

DECREASE PAIN + DE-LOAD

- Release / Massage sole of foot and calf
- Relative rest from high loading activities such as running, jumping and prolonged standing

2

RE-LOAD + STRENGTHEN

Graded exposure to load by increasing the strength of the muscles of your foot, calf and further up the chain like your glutes!

3

RETURN TO SPORT + ACTIVITY

Recondition and enhance your movement, specific to your activity and sporting and activity demands, such as standing, running and jumping.

