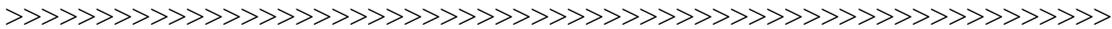


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Plantar fasciitis

Plantar fasciitis is caused by the tissue/fascia underneath your foot becomes overloaded and painful. It runs from your heel to the base of your big toe. It is a relatively common condition and can be managed with a combination of treatment methods. Common causes are: aging, being overweight, carrying out periods of walking, change in physical activity



Ice bottle Massage:

Place a bottle of water into the freezer. Once cold/frozen roll bottle under the foot for 10 minutes providing a cooling massage type effect from your heel to big toe. Ensure you keep your sock on to prevent ice burns to the skin.

Pacing:

Pace out your physical activity/ adapt your hobbies to allow some relative rest in the short term whilst you rehabilitate your foot. This is an overload/use injury so your body will require a change to the loading to allow to settle.

Footwear:

Ensure you wear supportive/cushioned footwear.

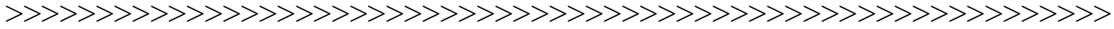
Exercises to increase loading/tolerance of tissues:

We would recommend you try the following exercises. **If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.**

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Heel lifts:

Roll up a towel and place under your toes
Lift up your heels
Slowly lower

Repeat 15-20x



If you are finding it particularly painful in the mornings when getting out of bed you may find a gentle stretch/massage under the sole of your foot helps to ease any tightness/pain before standing up.