

# Fact Sheet

---

## Plantar Fasciitis

*What is plantar fasciitis?*

Inflammation of the thick band of fascial tissue that connects the heel bone to the toes on the sole (plantar aspect) of the foot.

*How do you get plantar fasciitis?*

Plantar fasciitis is most common in runners particularly those who run on hard surfaces but also occurs in people who have to stand for long periods of time; those who wear poor footwear, such as shoes with little cushioning or arch support; people who pronate as they stand or walk; sudden weight gain, such as pregnancy; tightness, overuse or poor biomechanics in the calf and Achilles tendon.

*What are the symptoms of plantar fasciitis?*

Sharp “stabbing” pain in the heel on standing or walking, particularly in the morning or after long periods of sitting, “burning” pain and tension in the Achilles tendon and back of the heel, tension in the calf all leading to limping while walking. The pain is likely to ease on movement throughout the day.

### *Who gets plantar fasciitis?*

While men can get plantar fasciitis, it's more common in women. Those with very high or low foot arches, pregnant women and those with poor biomechanics while walking.

### *What are the tests & diagnosis?*

A physiotherapist can make a diagnosis based on your symptoms, although if it has been present for a long period of time, a bone spur may have developed and will require an ultrasound for diagnosis.

### *What is the treatment?*

Plantar fasciitis is considered a chronic issue and should be treated as soon as possible. The longer it goes on for, the worse it will become and the harder it will be to treat.

A combination of different treatments may help.

- Rest, along with icing the sole of the foot and elevation will help ease the inflammation;
- wearing appropriate footwear such as shoes with good cushioning and appropriate arch supports;
- orthotic supports or heel pads inside shoes can also help ease the pain;
- gentle exercise and stretching to the calves and hamstrings, rolling the sole of the foot over a ball to stretch the fascia are all good conservative treatments;
- massage, acupuncture and dry needling are all good treatment options.

If the condition goes on untreated, it can lead to spurs in the heel and may require more radical treatments such as steroid injections, shockwave therapy or surgery.



### *How can i prevent plantar fasciitis?*

There are certain things that you can do to try to prevent plantar fasciitis, especially if you have had it before.

These include:

- updating training shoes used for running or walking;
- wearing shoes with good cushioning in the heels and appropriate arch support;
- reducing body weight;
- stretching the plantar fascia and Achilles tendon, especially before exercise;
- avoiding exercising or standing on hard surfaces.

[Read our blog](#)

This fact sheet is designed to provide you with information on plantar fasciitis. It is not intended to replace the need for a consultation with your doctor. All clients are strongly advised to check with their doctor about any specific questions or concerns they may have. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing.

Last updated September 2018 © Malvern Massage  
malvernmassage.com.au

