



## **Plantarfasciitis**

Plantarfasciitis is an irritation and inflammation of the plantar fascia, a fibrous material that runs from the heel of your foot and fans out towards the toes. Plantarfasciitis often starts as a dull pain in the heel and a stretching sensation on the bottom of the foot. Classically, it is worse with the first few steps taken in the morning or when beginning physical activity. Factors that contribute to this condition include the structure of your feet, certain activities or improper footwear.

Treatment techniques include modalities such as ice, ultrasound, and acupuncture to decrease the pain and inflammation. Stretches will be incorporated to decrease the tension in the area coming from the surrounding muscles. Exercises to strengthen the foot musculature to better support the fascia will be given. Anti-inflammatory medication may be beneficial and orthotics may also be prescribed.

The therapeutic modalities commonly used include:

**Ultrasound:** uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

**Interferential Current:** uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

**Acupuncture:** uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

**Rest:** by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

**Ice:** ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.

