



SYMMETRY

PHYSIOTHERAPY

PLANTAR FASCITIS

The plantar fascia is a tough fibrous ligament on the sole of the foot that extends from the heel to the toes and acts to maintain the arch of the foot. Plantar Fasciitis is inflammation of this ligament, generally due to overuse.

The most common symptom is pain at the origin of the plantar fascia on the heel bone when weight bearing. It is especially worse with the first few steps in the morning or at the beginning of sporting activity. Symptoms generally improve during times of rest or when the plantar fascia is adequately warmed up. There is marked tenderness over the area which is sometimes accompanied by swelling.

Causes

Excessive pronation (rolling in of the feet) places significant strain on the arch of the foot and leads to inflammation of the planter fascia and surrounding tissues. Tight calf and foot muscles will also contribute to symptoms by altering foot biomechanics. In chronic cases there may be the development of a spur – a bony growth on the calcaneum which forms due to repetitive stress or 'pulling' of the plantar fascia on the heel bone.

Treatment

Physiotherapy can assist greatly in the management of Plantar Fasciitis, with some of the strategies including:

- Rest and ice
- Activity modification
- Soft and deep tissue massage
- Assessment and correction of any underlying biomechanical causes
- Taping
- Ultrasound/Electrotherapy
- Exercises and Stretches
- Prescription of orthotics or night braces

Referral to a Sports Physician for medical management such as cortisone injections



Locations

Altona North

Corner of Mason and Mills Street,
Altona North, 3025
9392 2288

Hoppers Crossing

Sports Medicine Centre
333 Old Geelong Road
Hoppers Crossing, 3029
9369 4999

Sunshine

Medical One Medical Centre
Sunshine Plaza Shopping Centre
324 Hampshire Road
Sunshine, 3020
93117266

Sydenham

Medical One Medical Centre
Corner Overton Lea Blvd and
Keilor Melton Hwy
Sydenham, 3037
9390 3033

Tarneit

412 Derrimut Rd
Tarneit, 3029
8742 2088

Taylors Lakes

Medical One Medical Centre
Corner of Sunshine Ave and
Keilor Melton Hwy
Taylors Lakes, 3038
9390 8488