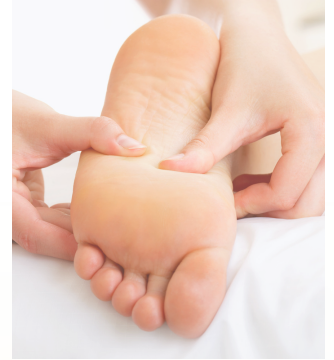


Plantar Fasciopathy

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 Fasciopathy 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 with 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 a marked tenderness over the area which is sometime accompanied by swelling.

Causes

Excessive pronation (rolling of the feet) places significant strain on the arch of the foot and leads to inflammation of the Plantar 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 the repetitive stress or 'pulling' of the Plantar Fascia on the heel bone.

Treatment

Physiotherapy can assist greatly in the management of Plantar Fasciopathy, 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

Altona

Cnr Leisure & Mills St
Altona 3025
P: 9088 8485
altona@symmetryphysio.com.au

Altona Meadows

329 Queen Street
Altona Meadows 3028
P: 9360 9744
altonameadows@symmetryphysio.com.au

Port Melbourne

298-300 Bay Street
Port Melbourne 3207
P: 9645 2183
portmelbourne@symmetryphysio.com.au

Hoppers Crossing

333 Old Geelong Road
Hoppers Crossing 3029
P: 9369 4999
hoppers@symmetryphysio.com.au

Tarneit

412 Derimut Road
Tarneit 3029
P: 8742 2088
tarneit@symmetryphysio.com.au

Taylors Lakes

1/900 Old Calder Hwy
Keilor 3036
P: 9390 8488
taylors@symmetryphysio.com.au