



ACTIVEPHYSIO[®]
If it's not active it's not physio



PatientInformation

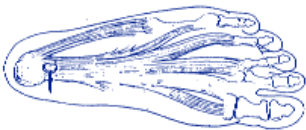
PlantarFascia

The condition

- Plantar Fasciitis
- Calcaneal Spurs
- Sub-talar Joint Dysfunction
- Shin Splints



Longitudinal arch



Plantar fascia

Usual symptoms include

- Pain in the heel/sole of the foot/ shin
- Pain on weight bearing where pressure is applied to the heel
- Difficulty in walking/ running, stairs, rising on your toes, squatting with the heels on the floor.

About the condition

The foot is made up of the hind foot (the heel bones), the mid-foot (the little tarsal bones that are the base of the toes and the forefoot (the toes). What link these three segments together are the longitudinal arches of the foot.

The most important of these is the medial (inside) arch, which acts as a shock absorber mechanism for the body in weight bearing. The arch subtly twists and untwists to assume the ground forces of walking, running etc.

The problem arises when the medial arch is flat because ligament structures are too loose to support it. Other structures in the foot then try to compensate for this lack of support and in doing so they develop strain. These structures are the **plantar fascia**, which is a long strap of muscle, which goes from your heel to toes. As it strains at its attachments at the heel (the calcaneum) **bone spurs** can develop as the body attempts to reinforce the tissue.

The **sub-talar joint** which is the joint between the heel and the mid-foot also accumulates strain and this predisposes the lower leg to strain as the ground forces send shock waves further up the limb. In cases of **shin splints** this strain has caused irritation of the shinbone and its muscle attachments

What we can do to help

- We use massage and muscle stretches to lengthen the tightness in the Plantar fascia
- We use electrotherapy and/or acupuncture to relieve pain and promote healing of damaged tissue in the foot and shin
- We progressively strengthen the weakened muscle by teaching you specific exercise
- We use tape to control the imbalances until your muscles are able to do the job
- We use orthotics when the medial arch requires ongoing support
- We progressively return you to daily and sporting activity
- We are planning to see you about __times over the next__ week(s)

Your local Active Physio:



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