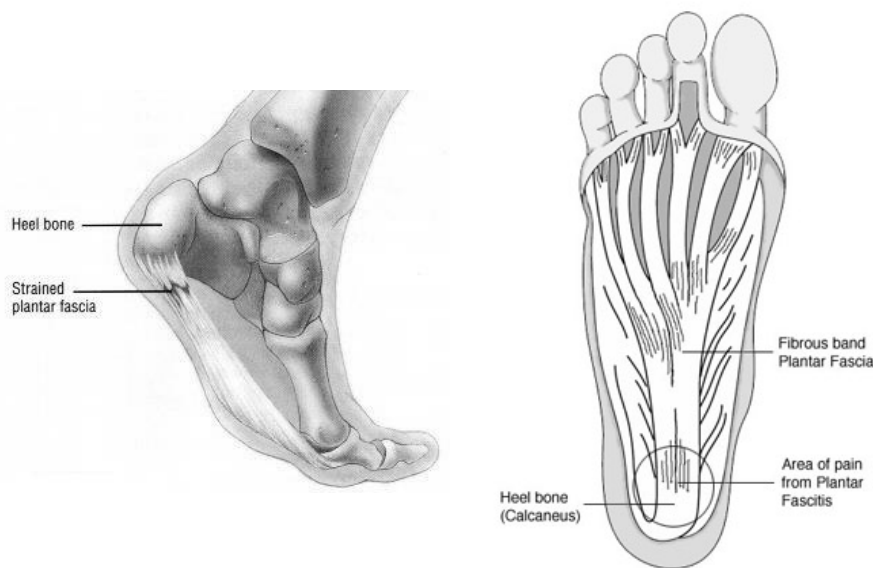


Plantar Fasciitis

The plantar fascia is located in the sole of the foot. It is a tough and fibrous band that stretches from the heel to the toes and it functions to maintain the foot arch. Overuse or injury of the foot can result in plantar fasciitis or heel spur syndrome. One of the main causes is a reduced arch in the foot. It is commonly seen in the runner and is characterised by:

1. Pain at the insertion of the plantar fascia into the heel.
2. Greater pain on the first few steps in the morning or beginning of a sporting activity.
3. Tenderness of the attachment of the plantar fascia to the heel.



Treatment

As with all injuries, correct diagnosis and treatment should be encouraged. The primary treatments for this condition are:

1. Assessment and correction of any underlying biomechanical faults.
2. Rest and ice
3. Ultrasound and electrotherapy
4. Taping of the foot
5. Stretching of the plantar fascia and calf muscles
6. Massage
7. Cortisone injection (if not resolving with other methods)

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Physiotherapy

Back and Neck Care

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Massage Therapy


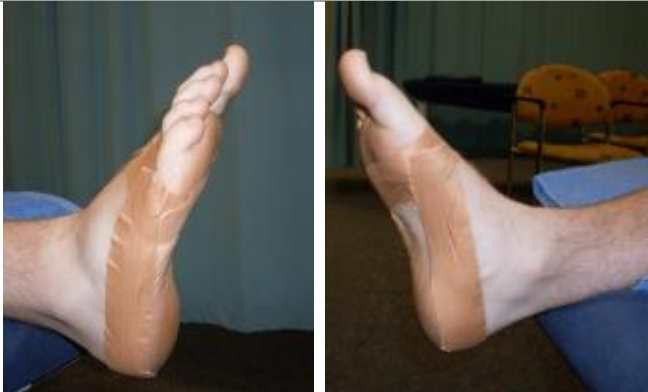

Hydrotherapy

Exercise Rehabilitation

Orthopaedic Rehabilitation

Low Dye Taping

This taping can be extremely effective were symptoms are due to a poor foot position, such as reduced arch. This taping is designed to support the foot and hold the foot in a neutral position.

EXERCISE	DETAILS
	<p>Anchor ball at foot.</p> <p>Ensure this is NOT placed tightly around the foot. A 5mm gap should be left between the two ends.</p>
	<p>Place a strip of tape around the outside of the foot to the inside. Attach the tape to the anchor you placed in Step 1.</p>
	<p>Start from the outside of the foot, near the little toe. Come diagonally across the foot and then around the back of the heel. Continue tape along the outside of the foot so you end at your starting point.</p> <p>Repeat this step two more times. These strips support the long arch of the foot. This will often be easier to complete with 25mm tape.</p>



In the space between the heel and ball of the big toe lay three to four pieces of tape overlapping each by half width. Start these pieces from the outside of the foot and only apply pressure as you come up the inside of the arch. These strips lift the arch up.



Cover the ends of the tape with a strip that runs from the outside of the big toe. Take tape around the outside of the foot to finish at the outside of the little toe.



While in standing place a strip gently over the top of the foot to cover the ends of the strip around the outside of the foot.

Ensure this piece of tape is not tight as it will compress the foot and cause pain.