

# Does your heel hurt after a long run?

## Maybe you have heard of plantar fasciitis?

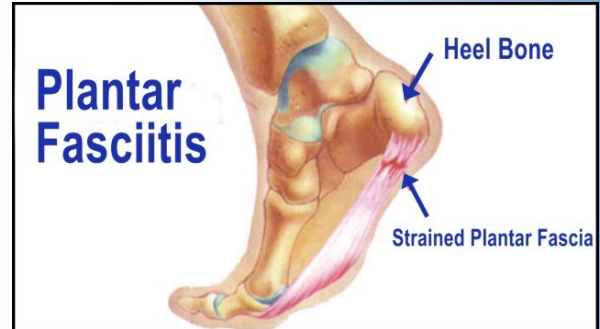
*It is crucial for shock absorption and load distribution for the entire foot.*

### What is plantar fasciitis?

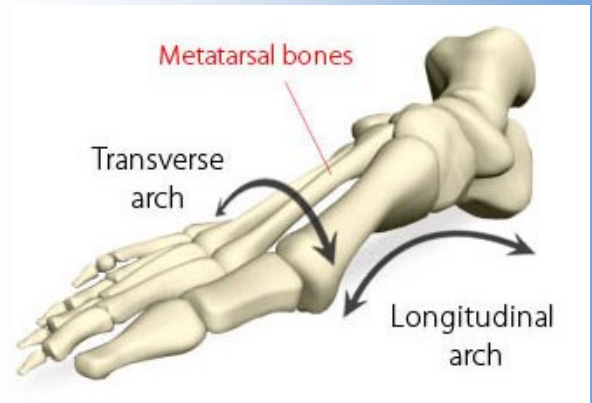
- Plantar fasciitis is inflammation and structural breakdown of the 'plantar fascia'
- It is characterized by sharp pain at the base of the heel bone
- It is typically worse in the morning after exercise

### Common causes:

- Cause by rapid increase in exercise intensity and volume
- Training on unfamiliar surfaces (sand or soft grass)
- Training in footwear with poor arch support
- Affects people with excessive pronation in their feet



*The plantar fascia is a strong ligamentous support structure for the longitudinal arch of your foot.*



### Physiotherapy management:

- Fortunately most people do recover well from this injury over time with adequate rest
- However, to facilitate a better recovery there are many highly effective conservative treatment strategies. These include:
  - Orthotics for your feet for better arch support
  - Self-massage with golf ball or frozen water bottle
  - Taping
  - Dry needling
  - Strengthening of the intrinsic muscles

#### Orthotics



#### Massage



#### Taping



#### Strengthening exercises



**Please contact us on 07 47 49 4719 to book an appointment with a physiotherapist for a comprehensive assessment**