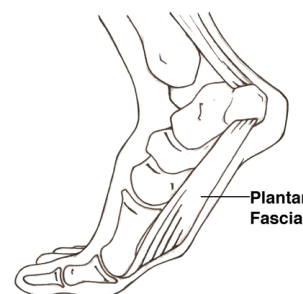


## Plantar Fasciosis

Heel pain under the foot is often associated with the Plantar Fascia. The Plantar Fascia is a thick connective tissue that originates from the heel bone (the Calcaneus), where it commonly becomes painful. This condition is called Plantar Fasciosis. Typical symptoms are a bruise type pain when you first put your foot down in the morning or after prolonged sitting.

The cause of this pain can be due to a number of factors including your standing posture & walking habits. These habits can lead to increased tension in your calf muscles which connect to the Plantar Fascia.



To resolve this type of heel pain you need to address the cause of the symptoms which means improving your movement patterns. A good place to start is by simply softening your knees in standing, so that you do not lock your knees back into full extension. You should feel less calf tension & more even weight distribution over your feet by doing this.

To reduce the calf muscle tension you can also begin stretching:

### Gastrocnemius



keep your back foot on the ground then with a straight knee lean forward against a wall.

### Soleus



bend your knee forward over your ankle keeping your foot on the ground.

### Toe flexors



bring your toes up against a step & bend your knee forwards over the toes.

Hold the stretch for 30 to 60 seconds two or three times each, you should feel a comfortable stretch sensation. You can also perform a sitting stretch prior to getting up which will reduce the start up pain after a period of rest. Bring your toes up with your hand, while you bend at your ankle.



Further treatment options can include a short period of unloading the Plantar Fascia from tension with a taping technique or orthotics. Visit [www.oceanviewphysio.com.au](http://www.oceanviewphysio.com.au) to see how to apply tape.