

CONSERVATIVE MANAGEMENT OF PLANTAR FASCIITIS

Plantar fasciitis is one of the most common foot conditions and if left unmanaged can be disabling. This resource was developed to provide a brief overview of treatment options for plantar fasciitis. Access these tools through the guidance of your Certified Orthotists and Registered Physiotherapist.

FOOTWEAR ASSESSMENT

Poor footwear choices can lead to the development of plantar fasciitis, or limit your potential to heal. Choose a shoe with a stiff heel counter, wide midsole and low heel height. Avoid wearing shoes with high heels or a very flexible sole.

STRENGTHENING & STRETCHING

Your foot and ankle have muscles that help to support your arch and the biomechanics of proper walking. By creating optimal strength and length in muscles like your calves your walking efficiency can improve. Therapeutic exercises can target tougher areas of the body by using firm objects to break down any “muscular knots” or adhesions.

CUSTOM FOOT ORTHOTICS

Improper foot biomechanics can put your feet at risk of developing plantar fasciitis. Everyone’s foot alignment is different, and can change over time. Custom foot orthotics aim to improve the alignment and motion of the foot structures while standing and walking, and reduce strain on the plantar fascia.

SHOCKWAVE THERAPY

Non-invasive therapeutic device that uses energy to reach the target area via a small applicator at the head of the handle. This energy penetrates the skin, sending a radial wave as deep as 7 centimetres into the body. Shockwave works by improving blood flow, decreasing pain perception, improving natural healing through collagen reorganization, and promoting tissue regeneration.

ACTIVITY MODIFICATION

Plantar fasciitis can continue to irritate your foot/feet if activities are not changed. Your health professional may advise against certain sports and activities that promote irritation to your plantar fascia or connective tissue at the bottom of your foot.

WHERE TO START?

The first place to start is a thorough assessment by a trusted health professional. Orthotists & physiotherapists are good resources. They can recognize what is contributing to your plantar fasciitis and establish a clear plan of action.