

PLANTAR FASCIITIS

Symptoms

- Pain first thing in the morning when you put your foot on the floor*
- Tight Achilles and calf muscles (SBL)
- Pain on and around the heel
- Swelling/tenderness on the heel
- *Primary symptom for diagnosis



Causes

- Shoes with poor arch support
- Cyclists who drop their heels while riding or who stand when they are climbing hills
- Muscles that support that arch are weak
- Flat feet or high arches no one knows for sure
- Tight calfs/ Achilles that pulls on the Plantar Fascia (SBL)

When the plantar fascia, which is a thick piece of connective tissue on the bottom of the foot that connects the heel to the toes, becomes over-stretched, it becomes inflamed and micro tears form. This condition is known as plantar fasciitis. This inflammation makes it difficult to walk and perform certain movements of the foot. It is common in runners as well as cyclists.

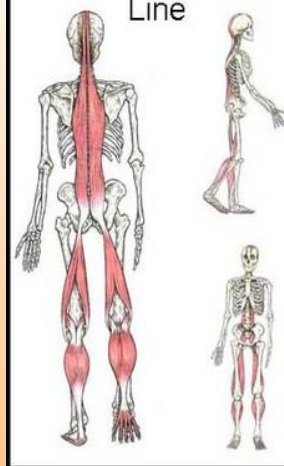
Treatment

- Shoes with proper arch support
- IASTM (Instrument assisted soft tissue mobilization)
- Stretch first thing in morning prior to putting feet on the floor to warm up tissue
- Ride in low gear/high cadence which doesn't aggravate the fascia as much in riders
- Strassburg sock? Some say it works others not so much
- Rolling your foot on a frozen water btl or ball
- Cold Laser

Superficial back line (SBL)

SBL is made up of a series of connecting muscles and other connective tissue. When tension is held within the line it creates tension elsewhere. Tight hamstrings and calf muscles along with the Achilles tendon can lead to tension on the plantar tissue leading to plantar fasciitis. Treatment should work plan-tar surface as well as the other parts of the line for better success.

Superficial Back Line



Dr. Donald Mason

711 W North Ave, suite 201, Chicago, IL 60610

312-291-8277

