

# CASCADE

ORTHOTICS LTD.

## TOE GRABS

Stand feet together. Rotate knees outward while attempting to grab the floor with your toes using the muscles of your foot. Hold 10 seconds, then relax. Repeat 20 times



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- Custom Made Foot Orthotics
- Knee and Ankle Braces
- Spinal Braces
- Elbow and Wrist Supports

## PLANTAR FASCIITIS

### INJURY DESCRIPTION

Plantar fasciitis is a common foot problem, especially in sports participants. It starts as a dull intermittent pain in the heel, which may progress, to a sharp persistent pain. Classically, it is worse in the morning with the first few steps or at the beginning of sporting activity.

The plantar fascia is a thick fibrous material on the bottom of the foot. It is attached to the heel bone (calcaneus) and fans forward toward the toes. It is responsible for maintaining the arch of the foot.

The problem usually occurs when part of this inflexible fascia is pulled away from the heel bone. This causes an inflammation and thus, pain. Plantar fascia injury may also occur at midsole and towards the toes. Since it is difficult to rest the foot, a vicious cycle is set up with the situation aggravated with every step. In severe cases, the heel is visibly swollen. The problem progresses rapidly and treatment must be started as soon as possible.

As the fascia is pulled away from the bone, the body reacts by filling in the space with new bone. This causes the classic "heel spur". This heel spur is a secondary x-ray finding and is not the problem, but a result of the problem.

## TREATMENT

### REST

Use pain as your guide. If your foot is too painful, swimming and/or cycling to maintain cardiovascular fitness can temporarily replace weight-bearing sports. Weight training can be used to maintain strength.

### ICE

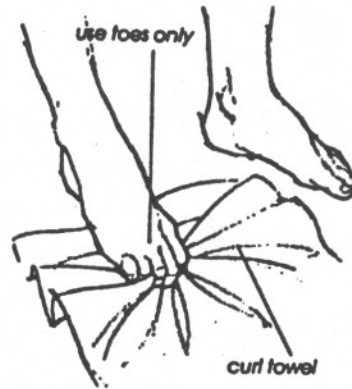
Icing your heel (frozen peas) for 15 minutes, several times a day will reduce the inflammation. Your should ice your heels after activity for 25 minutes.

### EXERCISES

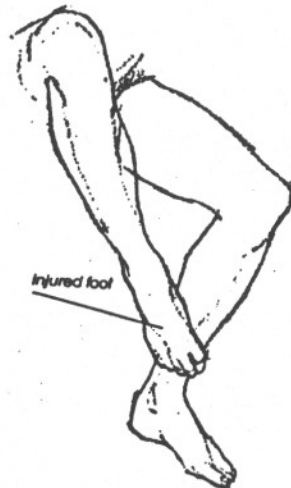
The following exercises are designed to strengthen the small muscles of the foot to help support the damaged area. If performed regularly, they will help prevent re-injury.

## TOWEL CURLS

Place a towel on the floor. Curl the towel toward you, using only the toes of your injured foot. Resistance can be increased with a weight on the end of the towel. Repeat 20 times.



## SHIN CURLS



Run your foot slowly up and down the shin of your other leg as you try to grab the shin with your toes. Repeat 30 times. A similar exercise can be done curling your toes around a tin can.

## STRETCHES

Lean against a wall with your back knee locked. Press forward until a stretch is felt in your calf muscle. Hold 15 seconds.

Then bend your knee until a stretch is felt in your Achilles tendon. Hold a further 15 seconds. Repeat 3 times. You should feel a pull in your muscle and tendon, but no pain

