

Plantar fasciitis

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What is the Plantar Fascia?

Your plantar fascia is a thick flat tendonous band of connective tissue that runs between the front of your heel (calcaneus) and the ball of your foot, connecting to the bones of your toes. It contributes to arch support and assists your foot in load carrying. The plantar fascia also plays an important functional role during walking by elongating and contracting, acting like a spring to maintain tension and assist propulsion.

Plantar Fasciitis... is the inflammation of the plantar fascia at its attachment around the heel (calcaneus) It can be a sharp pain and/or deep and achy, often worse stepping out of bed first thing in the morning. It can be felt more keenly by pointing the toes up towards the face there-by stretching the plantar fascia.

Some common causes...

Over-training, constant contact with hard or irregular surfaces, structural/bio-mechanical abnormalities, repeated stress to the foot, improper footwear, and obesity can all cause plantar fasciitis.

One of the most common causes is tight calf muscles and the Achilles tendon. Although plantar fasciitis may have had a sudden onset it is often due to a long term bio-mechanical fault which needs to be addressed for a long term solution. This can include muscles of the hip, glutes, hamstrings and both anterior and posterior lower leg muscles.

How can Good Massage help...?

This condition responds very well to the direct pressure of deep tissue massage and the healing properties of ice massage.

A Good Massage Therapist will work the entire foot and any underlying issues, such as muscle tightness in the calves or glutes to thoroughly target any causes. This will ease the tension and stretch out the plantar fascia, speed recovery and aid healing for long term resolution.

Massage therapy to the plantar fascia can be painful; however this pain is always within your individual tolerance level and is short-lived.

Good Massage recommends an appointment with a Podiatrist and a Physiotherapist in conjunction with your massage therapist to achieve the best possible long term results in the treatment of plantar fasciitis.

