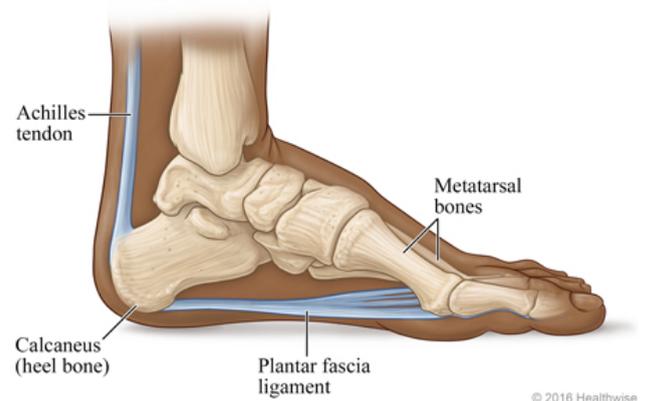


WHAT IS PLANTAR FASCIOPATHY?



OVENS VALLEY PHYSIO & PILATES

- The plantar fascia is a thick connective tissue on the underside of your foot. It begins at the heel and spans across the arch of the foot.
- The role of the plantar fascia is to support the arch of the foot.
- It can become irritated when overloaded causing **pain in the heel or arch of the foot, this is known as plantar fasciopathy.**



What causes plantar fasciopathy?

The acute pain **is caused by irritation** (and sometimes inflammation) of the area **when there is an increase in load**. Our bodies are very adaptive and respond to changes in load by getting stronger. But when we increase by **too much, too soon they don't have time to adapt** so tissues and structures can become overloaded and irritated.

This change in load might look like a simple increase in volume of training or general activity or more subtle changes in activity levels.

Muscle weakness can also increase the load through the plantar fascia:

- The **calf and foot muscles are super important** for supporting the ankle joint and plantar fascia and weakness in this area can increase the load through the area
- The hip, knee and ankle all work together to create movement like squatting or running. If there is a deficit in one area it will increase the load in the others.
- Rate of force development (muscle power) is how quickly the muscles can switch on and contract. This is really important, particularly for running, because without good power we can't

absorb the load with each step we take and this increases ground reaction forces and load through the plantar fascia.

The way we move when we run, squat and jump can also increase the load in the plantar fascia. While there is no right or wrong way to run, different running styles, in particular excessive toe running, load up the calf and plantar fascia more. Similarly there are lots of different ways to do a squat, lunge or jump, some variations will load up the plantar fascia more and while this isn't bad, too much too soon can be a problem.

ALSO **sometimes a decrease in load can also cause overload.** As we start to decondition from reduced activity our capacity and strength of the knee drops below the requirements for day to day activities.

Do I need to stop running/jumping/training etc?

As physiotherapists it is our job to keep you moving as much as possible, even throughout rehab. Because plantar fascia pain is not caused by an actual injury or structural damage, **some pain associated with plantar fasciopathy is absolutely okay.** We stick to the 4/10 rule: pain up to a 4/10 during any activity is okay, so long as the pain settles within 1 hour of finishing the activity and is not worse the next day after.

How do I fix my foot pain?

- Load management is the **MOST IMPORTANT** part of treatment. This might involve adjusting your training sessions, trying cross training, changing the periodisation of weekly sessions or reducing the volume. Then we will gradually build you back up to where you need to be for your goals.
- **A progressive strength program** over a **minimum of 6-12 weeks** is needed to make good strength gains. This needs to be targeted at your specific needs for best results.
- An assessment of your running, walking or jumping to adjust technique as needed
- **Taping and manual therapy** can be a helpful **short term tool** to manage the pain and allow you to perform your rehab program
- Self management strategies like **icing the foot** and **rolling with a spikey ball** can provide short term pain relief
- Sometimes orthotics or different footwear needs to be considered.