













## Stretches

*Always stretch after you have warmed up, never cold. Stretch both legs although only one is illustrated here.*

### *Left Plantar Fascia Stretch-Standing*



Hold the Stretch for at least 1 minute(time it!)

Place your foot and toes against the wall and lean forwards

Repeat several times throughout the day

### *Left plantar fascia stretch-sitting*



Hold the stretch for 1 minute(time it!). Repeat little and often

Sit in a chair, cross legged, with your effected leg crossed over. Grab hold of your toes and pull them backwards until you can feel a stretch in the sole of your feet.







normally. There is good data to support this type of treatment. Normally you would require between 3 and 5 treatments spaced a week apart. If you would like to consider this, please discuss with your consultant.

## FAQ's

Q. Will I always have to do my exercise programme?

A. Not normally. If you find your symptoms returning then it is advisable to return to your exercise programme initially. However, if your symptoms do not improve then see your GP.

Q. Is there a surgical solution to Plantar Fasciitis?

A. Surgery tends to be the last resort when all other modalities have failed. It is not guaranteed to relieve your symptoms

Q. Will I benefit from a steroid injection into the Plantar fascia?

A. There is evidence to suggest that there is a risk of the Plantar fascia rupturing following a steroid injection so it is not encouraged. A steroid injection is often associated with post injection pain. Steroid injections are used for inflammatory conditions and there is no evidence of inflammation within the Plantar fascia

Q. Is there a risk that the Plantar fascia will rupture while doing my exercises?

A. There is no evidence that the Plantar fascia is at risk of rupture while doing these exercises

## Tips for treating Plantar Fasciitis

- Try to alter your work pattern if you are on your feet for long periods
- Weight management if appropriate.
- Wear footwear that has arch supports and with soft heels. Avoid walking in bare feet or 'flip flops'

## Training tips for your rehabilitation phase:

- ✓ Increase your running distance or time by 10% each week.
- ✓ Renew your trainers every 300 to 500 miles. Consider having two pairs of trainers 'on the go' at the same time.
- ✓ Vary your training. Combine different speeds, distances and times during your training period. This will allow the tendon to adapt to the loads placed upon it.
- ✓ Plan your training regime. Use websites such as [www.runnersworld.co.uk](http://www.runnersworld.co.uk) for advice on training tips.
- ✓ Make training more fun. Vary your exercise in different ways to train other parts of your body. This is termed 'cross training' and is a valuable method of reducing injury by distributing the loads placed upon your body.
- ✓ Examples of cross training that you may find useful:
  - Cycling is an excellent form of rehabilitation exercise because it will train both strength and maintain cardiovascular fitness
  - Cross training is particularly useful for runners and many people with Plantar fasciitis find they tolerate it well in the rehabilitation phase
  - Cross country skiing
  - Swimming
  - Rowing
  - Pilates
  - Circuit training
  - Spin classes

---

For all questions or difficulties contact us at:  
[contactus@oxfordsem.net](mailto:contactus@oxfordsem.net)