

Staying Active with...

Plantar Fasciitis

Approximately 1 in every 6 people suffers from some form of foot pain! The foot itself is made up of 26 bones, 33 joints, 19 muscles and over 100 supporting ligaments. This extensive anatomy provides a strong framework and allows us to move dispersing forces to support our bodies in many different activities and planes of motion. With this complex structure and external forces there is increased possibility for injury to occur.

"Of all running injuries, approximately 60% result from training errors such as, running on hard uneven surfaces, improper footwear and obsessive training"

WHAT IS PLANTAR FASCIITIS?

Plantar Fasciitis is an overuse injury that causes inflammation of the plantar fascia and surrounding structures of the foot. Overtime this stress can cause microtearing of the fascia. The plantar fascia is a thick band of tissue running on the plantar (bottom) surface of our foot, connecting the calcaneus, heel bone to the toes. The action of this fibrous structure is to maintain the arch of the foot and resist torsional movements between the forefoot and the hindfoot (see picture below).

There are 2 ways that this injury can occur, (1)**ACUTE**—a strain type injury from an excessive load (stress) placed on the foot OR more commonly (2)**CHRONIC**— an irritation due to repetitive stress to plantar fascia from excessive pronation. *Pronation* is the inward roll of our foot during movement, where all areas of our foot come in closer contact with the ground by approximately 15%. This is a normal movement of the foot in order to efficiently distribute force, but can become dysfunctional due to many different factors. Individuals who have *Pes Planus* (Flat Feet) tend to over-pronate, with an inward roll greater than 15% leading to an inability to absorb shock properly. Conversely, those individuals with *Pes Cavus* (High Arches) underpronate and forces are distributed through a small portion of the foot which can also lead to problems. For more risk factors see below.

RISK FACTORS PLANTAR FASCIITIS

- *Most common in Active Males 40-70yrs
- *Arch Problems -over/underpronation
- *Active Individual
- *Long distance runners
- *Excessive weight
- *Occupation -prolonged standing/walking
- *Hip/Knee & Ankle Malalignments
- *Excessive force/stress on foot
- *Lack of flexibility in calf
- *Gait abnormalities due to pain will also propagate this condition due to different compensation patterns

SIGNS/SYMPTOMS— Pain is a constant ache that typically concentrates on the calcaneus, where the Plantar Fascia originates. It is worse with activity i.e. walking, running. Pain is felt most often when rising in the morning and taking first few steps. Bringing toes towards nose results in Pain & Mobility!

TYPES OF ARCHES OF THE FOOT

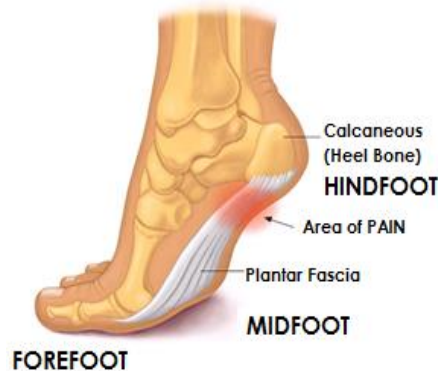
PES CAVUS
(HIGH ARCH)



NORMAL



PES PLANUS
(FLAT FOOT)



TREATMENT PROTOCOL FOR PLANTAR FASCIITIS

1. **INITIAL STAGES:** Reducing inflammation is key! Ice massage with a frozen water bottle on the sole of the foot is beneficial. Rest is also important to reducing inflammation and stress on the fascia at this point.

****OMEGA 3s can be taken- Act as a NATURAL anti-inflammatory!**

2. **STRETCHING/MOBILITY:** Mobility of the lower limb, ankle & foot are important in proper function. Most notably stretching calf muscle will help by stretching out the plantar fascia at the same time. Try a tennis ball moving in small circles on the sole of the foot as a massage!

3. **CORRECT MECHANICAL FACTORS:** Must look at contributing factors i.e. hip, knee and ankle misalignments. Correction of these factors along with taping, bracing and/or heel or arch support can be helpful. See us at **Body Movement Therapeutics for supportive taping!**

4. **STRENGTHENING-:** Exercises that support the ankle and arch of the foot are beneficial, for example: calf raises and/or toe curls gripping a towel to strengthen the arch and intrinsic foot musculature.

5. **PREVENTION:** If you spend most of your days active, on your feet standing or walking make sure to wear shoes with proper support. Carry out daily stretching and mobility, such as describes above. Maintain a healthy weight and increase exercises level & intensity gradually. Listen to your body and rest when needed!

CLINIC NEWS

UPCOMING EVENTS

Spring into Health
ACTON'S 2013 SPRING HEALTH FAIR
SUNDAY APRIL 7TH 10AM-4PM
ACTON LEGION
15 WRIGHTS AVENUE, ACTON

Variety of Health Care Professionals, demos, lectures and much more!

Admission is \$5/person- donated to LINKS 2 CARE OR please bring a non-perishable food item for the ACTON FOOD BANK

For more information on treatment or exercises for FOOT PAIN please contact us at Body Movement Therapeutics (519)853-1200.

TRUE MENTALITY FUNCTIONAL TRAINING AND BOOT CAMP FACILITY INC.



GET READY FOR SUMMER & REGISTER FOR SPRING SERIES BOOT CAMP CLASSES

Registration-- Saturday April 13th 12-1pm
 405 Industrial Dr. Unit #1 Milton
Arrive Early to reserve your day & time!



SPRING SCHEDULE

STARTS WEEK OF APRIL 30 TH 2013	TIME	LEVEL	COST (8WEEKS)
TUESDAY	6:30-7:30PM	LEVEL 2	\$150
TUESDAY	7:30-8:30PM	LEVEL 1	\$150
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$150
"DOUBLE UP" DISCOUNT			DOUBLE UP & SAVE!
TUESDAY	6:30-7:30PM	LEVEL 2	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290
TUESDAY	7:30-8:30PM	LEVEL 1	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290

****NOTE COST + 13%HST**

TRUE MENTALITY IN THE COMMUNITY

KIDS HEALTHY HEART CHALLENGE

*True Mentality is teaming up with local kids to promote an active healthy lifestyle!

SATURDAY APRIL 20TH 1-4:30PM

FOR MORE INFORMATION EMAIL INFO@TRUEMENTALITY.CA OR VISIT ONLINE @ WWW.TRUEMENTALITY.CA

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