

Plantar Fasciitis

General information offered to my valued patients-- Dr. Matt Butler DC

Plantar Fasciitis

What is it?

Plantar fasciitis occurs on the sole of the foot.

The condition often starts slowly, but can become so painful that it becomes difficult to walk.

Pain is most commonly worse in the morning.

What causes Plantar Fasciitis?

- The plantar fascia is a sheet of tissue that runs underneath the length of your foot to support your arches.
- This tissue is not elastic, therefore is not meant to stretch.
- When excessively stretched due to over pronation or Supination
- Having a tight Achilles tendon
- This causes the fascia to pull on the heel bone, resulting in heel pain.

Occurs most commonly in long distance runners but may also occur in runners, basketball players, tennis players and dancers.

What can I do?

The main goal is to eliminate inflammation in the area.

To promote healing and reduction in inflammation use..

- Ice/ice massage
- Stretching of the calf and Achilles tendon
- Paying attention to the proper biomechanics of the foot – i.e. Orthotics

Exercises

For a more detailed explanation of exercises, call and book an appointment to speak With Dr. Matt Butler DC

Every program that is designed is tailored to each individual.



YOU CAN SAVE LIVES!

Register your consent as an organ & tissue donor

ONLINE at beadonor.ca

& then discuss your wishes with your family.

www.SportFestWindsor.org

Dr. Matt Butler D.C

Butler Chiropractic

St. Clair Beach Health Care Centre

500 Manning Rd. Unit #6

Tecumseh ON N8N 2L9

Tel: 519-739-2701

Fax: 519-739-1266

www.ButlerChiropractic.ca

drbutlerchiropractic@bellnet.ca