



newbury  
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

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# PLANTAR FASCIITIS



CHIROPRACTIC:  
SAFE & EFFECTIVE TREATMENT

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# PLANTAR FASCIITIS

Many people at some point will suffer from, or will have suffered from, foot pain. There are a number of causes of foot pain and also a number of diagnoses, all depending on the location of the pain. Foot pain in any form can be debilitating. The foot is the foundation to the body and if it is not functioning effectively this can impact the whole body and its mechanical chain, from ankle to knee to hip up into the spine.

## What is plantar fasciitis?

Plantar fasciitis is a commonly misused term for pain of the sole (or plantar aspect) of the foot. The plantar fascia ligaments are thick, fibrous bands of connective tissue that support the arch of the foot. The plantar fascia is put under strain when we walk or run and this stress can sometimes lead to it being stretched abnormally (due to the way the foot strikes the ground) or simply overused which can lead to tearing and, therefore, inflammation.

There are a number of risk factors for plantar fasciitis. Being overweight or gaining large amounts of weight quickly, running and jumping on hard ground and a general increase in activity levels can all contribute to the condition, as can poor or ill-fitting footwear.

The most common symptom of plantar fasciitis is a dull aching pain. Heel pain in the morning immediately after getting out of bed is also a common symptom. It is, however, not uncommon to experience sharp pain as well.

## Treatment for plantar fasciitis

There are a number of methods that are used to treat plantar fasciitis. Some people will use home treatments (see below) to help relieve the condition, however due to its debilitating effects, most will opt for treatment from a healthcare practitioner.

Chiropractors offer chiropractic manipulation and mobilisation with exercise to help introduce movement back into the foot (especially the heel) and provide short-term relief of the condition. This may be followed by taping the foot to remove stresses placed on the plantar fascia during periods of activity. Your chiropractor may also



recommend orthotic devices which have been shown to provide short-term benefits in function and may also produce reductions in pain.

## Home treatments

### **Bottle roll:**

Take a round 500ml plastic bottle of water and freeze it. Once it is solid, cover with a thin cloth, place it on the ground and roll the foot over it from heel to toe. Continue for five minutes on each foot.

### **Stretching:**

Ask your chiropractor to demonstrate a safe and comfortable way to stretch the calf muscle. This needs to be done up to 3-times a day to help reduce the pain.

### **Night Splints:**

Night splints are devices that are worn at night to help stretch the calf and plantar fascia to induce faster healing, although there is limited evidence to support their use in those who have been suffering for over 6 months.

**For further information on the treatment of plantar fasciitis or the prevention of onset of the condition, speak to your chiropractor.**



# FAQs ABOUT CHIROPRACTIC



## What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

## Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

## How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

## What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

## How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.