

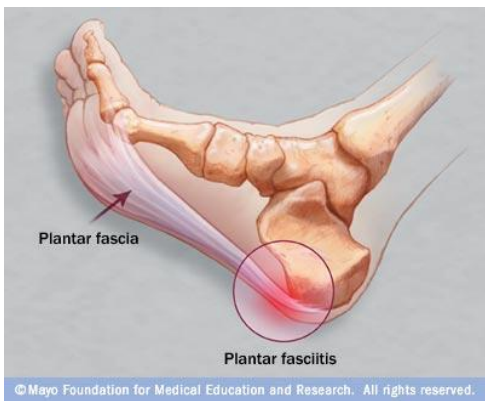
# Fisher-Titus Medical Center

## SPORTS INJURY GUIDELINES

“The Winning Team for Your Athletic Care Needs”

### Plantar Fasciitis

Plantar fasciitis is the most common cause of foot and heel pain in athletes and middle-aged adults. The plantar fascia is the thick band of tissue that runs from the heel bone to the toes. Plantar fasciitis can be caused by high arches, flat feet, distance running, poor supportive shoes, and obesity.



A common symptom is foot pain when you take your first steps in the morning and easing up after a few hours. It can affect one or both feet at the same time and is made worse with certain activities such as climbing stairs or standing for long periods of time.

### Treatment Options

1. Avoid strenuous activity until the pain eases; opt for a low impact activity.
2. Ice for pain relief for 15-20 minutes as needed. Rolling your foot over a water bottle from the freezer works well.
3. Proper footwear for your activity level
4. Place heel cushions in shoes
5. Foot and lower leg stretching
6. Anti-inflammatory drugs (Advil, Motrin, Aleve, others)

### Prevention

Always perform the proper warm-up prior to any activity. Wear proper, well fitting footwear with a good arch support. A general fitness and strength program will help prevent any further injury.

### Recovery Outlook

With proper treatment and modifications, the recovery outlook is good. The typical recovery time ranges from a few months up to a year and varies with each individual but do not get discouraged.

### Stretching Exercises

#### 1. Toe Extension



With your hand, reach down and pull your big toe up and back. Hold the position for at least 15 to 30 seconds. Repeat 2 to 4 times a session, several times a day.

#### 2. Calf Stretch



Put the leg you want to stretch about a step behind your other leg. Keep your back heel on the floor; bend your front knee until you feel a stretch in the back leg. Hold the stretch for 15 to 30 seconds. Repeat 2 to 4 times a session, several times a day.

#### 3. Towel Stretch



Place a rolled towel under the ball of your foot, holding the towel at both ends. Gently pull the towel toward you while keeping your knee straight. Hold this position for 15 to 30 seconds, and repeat 2 to 4 times.