

MANAGEMENT OPTIONS

Stretching Exercises for Pain Relief:

(D) Toe extension:

- **STEP 1:** Sit on the floor or on a chair with the affected leg crossed over the unaffected leg.
- **STEP 2:** Hold your toes with your finger of one hand and bend your toes and ankle up as far as you can. You can feel a stretch in your calf and the arch of your foot.
- **STEP 3:** Use your free hand to massage the arch of your foot.
- **STEP 4:** Hold this for 10 seconds and then relax. Continue the pattern for two or three minutes for two to four times per day.

PREVENTION TIPS

- Do not engage in activities that would create impact on your feet, like running and jumping. Either reduce the activity or avoid it completely until reduce in symptoms.
- Do not push through any kind of pain. Being tough can actually cause you even more harm. You may tear or rupture the plantar fascia completely which can lead to surgery.
- Do not walk round barefoot or wear old flat shoes.
- Avoid standing for a long period of time.
- Do not get discouraged in pain. This will eventually reduce and disappear if you follow all the above.

WHEN TO SEE A DOCTOR

- If rest, ice, compression and elevation (RICE) treatment fails and with non-steroidal anti-inflammatory, and the pain is not declining which is also hindering daily activities, then it is time to see a doctor.
- This also includes some home management therapy which you would have carried out.
- There may be other causes for heel pain that should be investigated for.

For more information, contact us at:



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



phc@bsp-shell.bn



www.panagahealth.com



[panagahealth](https://www.facebook.com/panagahealth)



PLANTAR FASCIITIS

WHAT IS PLANTAR FASCIITIS?



- Common cause of heel pain.
- Inflammation of the fibrous ligament called plantar fascia along the bottom of the your foot that connects your heel bone to your toes.

WHAT CAUSES IT?

1. Overuse and Repetitive stress:

- Prolonged standing, walking or sudden increase in physical activity.
- Jobs that require extensive standing or walking, such as teaching, factory work, construction, healthcare and military roles.

2. Footwear and Occupational Hazards:

- Safety boots: Often rigid with minimal arch support, which can strain the plantar fascia over time.
- Unsupportive shoes: Flat shoes or worn-out footwear lacking proper cushioning.
- Walking barefoot on hard surfaces: Common in workplaces like rigs, shipyards or industrial settings.

WHAT CAUSES IT?

3. Biomechanical Factors:

- Obesity: Increased weight adds pressure on the heel and plantar fascia.
- Aging: Natural wear and reduced elasticity of tissues.
- High foot arches or flat feet: Can affect weight distribution and increase strain.

COMMON SYMPTOMS

- Pain at the bottom of the heels.
- Pain and stiffness in the morning that gets worse as the progresses.
- Pain which would get worse when climbing and going down staircase.
- Pain after standing along time or after getting up from sitting position.
- Pain that is relieved with rest.

MANAGEMENT OPTIONS

Self-care and Home Remedies

- Rest, ice, compression and elevation (RICE) treatment to the foot with pain.
- Nonsteroidal anti-inflammatory medication.
- Soft footwear at home (proper cushioned insoles).
- Silicone gel in soles in closed footwear (rigid arch insoles with memory foam cushion), for example; workers wearing safety boots to improve shock absorption.
- Stretch and strengthen your foot regularly.

MANAGEMENT OPTIONS

Stretching Exercises for Pain Relief:

(A) Toe curls with a towel:

- **STEP 1**: Put a small towel on the floor and sit in a chair so that your feet are over the towel.
- **STEP 2**: Using your affected foot, scrunch your toes onto the towel and try to pull it towards you.
- **STEP 3**: Relax your toes, let the towel go. Repeat this motion 10 times, once or twice daily.

(B) Gastrocnemius stretch:

- **STEP 1**: Stand facing the wall, place your hands on it, and stretch your affected leg back. Both of your feet should be planted on the ground facing the wall. Your unaffected leg should be bent at the knee.
- **STEP 2**: lean towards the wall so that you can feel a stretch in the calf muscle of your back leg.
- **STEP 3**: Hold this pose for 30 seconds and relax. Repeat it six times per day.

(C) Water bottle/ Tennis ball roll:

- **STEP 1**: Sit in a chair and place the bottle/ball under the affected foot.
- **STEP 2**: Roll the bottle/ball back and forth under the arch of your foot so that you can stretch out the plantar fascia ligament.
- **STEP 3**: Continue rolling 3 to 5 minutes twice per day.