

Heel Pain

The plantar fascia is a connective tissue on the sole of the foot which is responsible for the transference of load during running. It does this via the Windlass Mechanism. If the foot fails to function normally biomechanically, or you have unsuitable or worn running shoes, or you have built up your running mileage too quickly, the plantar fasciae can become inflamed. Plantar fascia is characterised by heel pain in the morning. There may also often be a neural component to this problem. Calcaneal fat pad irritation is also closely associated with plantar fasciitis. Heel pain can be very painful and last for months.

Physiotherapists should identify the cause of the problem and use hands on skills to release any of the tight structures around the foot which are responsible for creating the problem. They may use acupuncture to release the tight muscles and relieve the pain. They will teach you exercises to stretch and strengthen the foot and may use kinesio-tape it to support the tissues when you return to running. If there is a structural problem they may refer you to a podiatrist for further analysis, it may be that you require the use of orthotics to settle the problem.

As part of your rehabilitation we will also teach you specific exercises to strengthen your foot and calf and exercise drills to re-educate foot and ankle function.

Contact Athlete Matters

South Manchester Sports Injuries Clinic (Cheadle): Tel: 0161 637 3633

Email: info@smsiclinic.co.uk Website www.smsiclinic.co.uk

Worsley Physio & Sports Injuries Clinic: Tel: 0161 702 9474

Email: info@worsleyphysioclinic.co.uk Website: www.worsleyphysioclinic.co.uk

Preston Physio & Sports Injuries Clinic (Fulwood): Tel: 01772 225401

Email: info@prestonphysioclinic.co.uk Website: www.prestonphysioclinic.com

Or for a general enquiry please email: info@athletematters.com

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