

## **Plantar Fasciitis**

Plantar fasciitis (he'll-spurred this syndrome) is a common injury in critical ball player's. It starts as a dull intermittent pain in the heel or arch which may progress to a sharp persistent pain. Usually it is worse in the morning, after sitting, after standing, and after starting a a pickle ball game. The problem recurs often in individuals who have high arch, rigid feet, support, increasing weight, or sudden increase in activity level.

The plantar fascia is a thick fibrous material extending on the bottom of the foot from the calcaneal tuberosity (heel bone) forward to the toes (metatarsals) and ask like a bowstring to perform the arch of the foot.

If this is flexible fascia is placed under repeated tension and intact and overload occurs which produces inflammation and pain.

## **The Symptoms**

The pain generally is directly at the heel sometimes more towards the inside and may extend all the way along the arch. These symptoms may be worse in the morning when first getting up and then in the evening at the end of activity when resting. The most severe form of plantar fasciitis occurs when the symptoms are present during pickle ball play and are made worse the longer U play.

## **Causes**

High arched rigid feet-social for alignment place stress on each end of the attachment of the plantar fascia.

Flat pronated feet also have a tendency to develop heel and arch pain.

Poorly fitting shoes with inserts that did not properly fit the foot can cause her a great plantar fasciitis.

Excess weight is a major cause of plantar fasciitis placing more stress on the bottom of the foot and heel with each heel strike when playing.

Continuing to play when plantar fasciitis fasciitis occurs especially when the symptoms become worse during the course of play we will plan to make her condition worse.

## **Treatment**

Ice-applying ice to the area of the pain 20 minutes on and 20 minutes off using a cloth or towel to prevent freezer burn can be very helpful in reducing inflammation. This should be performed to 3 times a day and especially after play.

Medication-anti-inflammatories such as naproxen (Aleve) and ibuprofen (Motrin, Advil) Be effective in reducing inflammation. The dose is generally 2-4 Aleve a day or 4-6 ibuprofen per day. Be aware of any potential side effects of stomach irritation.

Heel pads-and over-the-counter heel cushion may help reduce the inflammation at the insertion of the

plantar fascia and medial be obtained at any drugstore. Heel cups may also be used to help diffuse distresses along the plantar fascia at the heel but are sometimes difficult to get used to.

Orthotics—if you have had an experience of plantar fasciitis that last more than a few months, I strongly believe that orthotics would be greatly beneficial over the long-term. If the problem is fairly minor, over-the-counter orthotic such as in a running store, Superfeet, or Dr. Scholl's skiosks can be very helpful. If you have significant deformity, custom orthotics to be very beneficial in relieving pain and supporting the arch.

Injections—corticosteroid injections can be very helpful in relieving symptoms if they have occurred for a number of months. Says injections would not necessarily cure the problem but reduce inflammation sufficiently to permit other treatment such as orthotics to be more beneficial.

Physical therapy—sensory think analgesic beneficial in improving flexibility, reducing inflammation, and strengthening the foot and ankle. This case I believe that the best therapist as well motivated patient. I believe the therapy should not be worse course of treatment.

Passive stretching devices—night splints, taping measures, and passive stretching devices all have role in recurrent episodes of plantar fasciitis per more appropriate with those individuals were failed other treatment.

**When to Stop Playing**—If symptoms become worse during the course of play or become worse over the course of successive days of play and do not improve somewhat overnight, I feel the problem should be treated and an individual should stop play

**Recovery**—resolving or improving the problem can take anywhere from 3 weeks to 6 months or even more depending upon whether the individual does have mechanical reasons for plantar fasciitis. It is extremely important to address the mechanical issues after the **first** time plantar fasciitis occurs.

### **Stretches and exercises for plantar fasciitis**—

1 toe curls—place a towel on the floor and coverlet poor to using only the toes her injured foot. Relaxed then repeat the towel curl. This should be done 10×3 times per day if possible.

2 standing stretches—stand at arms length from a counter or table with your back knee locked and your front knee bent. Slowly lean toward the table until a moderate stretch in the calf muscles occurs on your straight leg. Hold **for 15 seconds**. An Achilles isolation stretch occurs when you keep the heel on the floor and straight near bent leg until you feel a moderate pull of the muscles and tendon but no pain. Hold for 15 seconds