



# Plantar Fasciitis

## Information for patients

Providing information, advice and exercises.

The information in this leaflet is for guidance only and is designed to be given to patients in conjunction with a consultation.

Should this information not help in reducing your symptoms, please contact your local GP who may refer you for further diagnosis and management within the Hounslow and Richmond Community Healthcare Trust.

**HRCH website:**  
[www.hrch.nhs.uk](http://www.hrch.nhs.uk)

This document can be provided in **different languages and formats.**

For more information please contact:  
Patient Advice and Liaison Service (PALS)  
Email: [pals.hrch@nhs.net](mailto:pals.hrch@nhs.net)  
Freephone: 0800 953 0363

We appreciate and encourage comments about any aspect of care or treatment. Don't hesitate to speak to a member of staff or contact the **Patient Advice and Liaison Service (PALS)** above. Additionally, if you require a full list of **references** for this leaflet.

## What is it?

Plantar Fasciitis is characterised by pain in the heel of the foot and / or the arch of the foot.

It results from when the 'plantar fascia' is over stretched or strained. It becomes inflamed. This can mean it is worse first thing in the morning or after periods of rest.

## Why does it happen?

It is often caused by a change in activity levels, increase in weight, or faulty foot biomechanics such as flat feet (increased pronation where the foot rolls inwards).

## What can I do to help?

- Rolling the arch of the foot on a cold drinks bottle can help with the pain and gently apply a local stretch.
- Wearing good supportive footwear to reduce the impact of poor biomechanics.
- Gentle exercises aimed at improving flexibility of the calf muscles and plantar fascia. All exercises should reduce the pain. If the pain increases reduce the exercises. If you are unable to resume them discuss with your GP or Physiotherapist.
- Sometimes using an orthotic, (an insert placed inside the shoe) to help correct poor biomechanics can help.

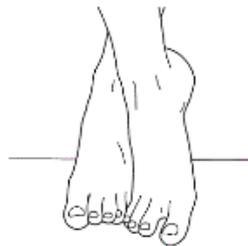


Lying on your back or sitting.

Bend and straighten your ankles.

Repeat 20 times rest 30 seconds, repeat 2 more rounds

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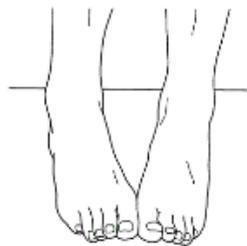


Sit on a chair or on the floor. Cross your feet and put the outer edges of your little toes together.

Press the outer edges of your little toes together. Hold approx. 45 secs.

Repeat 5 times.

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Sit on a chair or on the floor. Put the inner borders of your big toes together.

Press the inner borders of your big toes together. Hold approx. 45 secs.

Repeat 5 times.

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Stand.

Push up on your toes then slowly lower

Repeat 15 times rest for 30-60 seconds then repeat 2 more rounds

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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 30 secs. - relax.

Stretch the other leg.

Repeat 3 times.

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Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 30 secs. - relax.

Repeat 3 times.

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