

PLANTAR FOOT PAIN

- Usually, exacerbations of pain in the heel and sole of the foot can be related to overloading the muscles and other structures affecting the arch of the foot. This can be either a single event, such as competing in a fun run, or accumulation over time. In the short term:
 - Avoid unnecessary walking / standing where possible
 - In some cases, you may need to use crutches or keep off your injured foot for a short period to allow them to recover
 - Wear supportive footwear most of the time
 - No extended periods in thongs / crocs / barefeet
- In the longer term, consider:
 - Losing weight, if this is a contributing factor
 - If you complete a significant amount of physical activity, such as doing multiple sports or multiple days of the same activity, consider reducing this to allow more time for recovery
 - It may be necessary to have a day's rest between sessions
 - *Increasing* the amount of load that your body can tolerate by completing a progressive resistance training program, guided by a physiotherapist

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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Treatment Program

- Taping may provide some short term relief
 - Ensure that you don't have a reaction to the tape
 - Keep the tape dry – cover with glad wrap for showering
 - Remove the tape and any remaining adhesive within 48 hours
 - Note if the tape provided relief or if symptoms worsened after removal. The success of taping doesn't necessarily mean that orthotics will.



- You can purchase basic orthotics from the supermarket or chemist which may provide relief. Choose ones which appear to have arch support, rather than ones that are especially soft.



- Icing may be of benefit
 - Freeze a can of vegetables and roll your arch over the can for a few minutes, 2-3 times per day



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Muscle Strengthening and Stretching Exercises

○ Toe Curls

- Sit or stand with your foot on a towel. Scrunch up your toes and hold for 5 seconds. Repeat for 3 lots of 20 times every day.



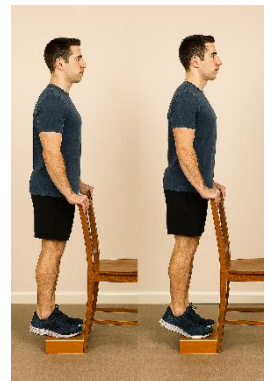
○ Calf Stretching

- Keep your knee straight and foot flat, push your hips forward to stretch your calf. Hold for 20 seconds and repeat for 3 lots, 3 times per day



○ Calf Raises

- Stand with your toes on the edge of a step. Rise up on your toes and then slowly lower down again.
- Complete 3 lots of as many as you can do, repeating 3 times per week
- Progress to one foot as able



- If not settling with the above treatment, you may need to see a Podiatrist, who will assess the way your feet move and advise on appropriate footwear and if orthotics (shoe inserts) may be required for your condition.

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