

COMMON RUNNING INJURIES – PLANTAR FASCIITIS

SYMPTOMS

The primary symptom of Plantar Fasciitis is pain in the bottom of the foot, from the heel into the arch. It is especially painful when you get up in the morning and after you have been sitting a long time. The discomfort may be present at the start of a run, subside during the run, and then recur later.

COMMON CAUSES

Causes of plantar fasciitis include:

- Feet with a high arch (supinator, or a person who rolls his or her feet too far outward while running)
- Flat feet (overpronator, or a person who rolls his or her feet too far inward while running)
- Worn out shoes (excessive wear)
- Incorrect shoe type (may be wearing a neutral versus a stability shoe when the stability shoe would help to support the arch)
- Tight calf muscles
- Training errors (increasing mileage or intensity too quickly)
- Flexible foot. Hyper mobility of the foot.
- Too short of running shoes

TREATMENT

Treatments for this condition may include:

- Decrease running (cross train with biking and/or swimming)
- Apply ice for 20 minutes two to three times per day
- Stretch calf muscles
- Massage arch of foot. (use a north to south rolling motion with a small ball such as a lacrosse ball)
- Take anti-inflammatory medications (if tolerated)
- Replace running shoes every 400 miles
- Get fit for your running shoes to find the correct type of shoe for your foot mechanics. Such as a neutral, stability or control type of running shoe.
- Use appropriate devices, such as arch supports, heel cups, (custom orthotic insoles to correct biomechanical problems)

PREVENTION

The best method for preventing plantar fasciitis is stretching. The plantar fascia can be stretched by grabbing the toes, pulling the foot upward and holding for 15 seconds. To stretch the calf muscles, place hands on a wall and drop affected leg back into a lunge step while keeping the heel of the back leg down. Keep the back knee straight for one stretch and then bend the knee slightly to stretch a deeper muscle in the calf. Hold stretch for 15 seconds and repeat three times.