

Could your foot pain be plantar fasciitis?

By West Norwood Therapies Team, Jul 8 2015 02:46PM

Have you recently woken up feeling like you've been beaten with a stick on the underside of one or both of your feet? If it gets worse when walking or running up hill or after a long working day in leather shoes then you may be suffering from Plantar Fasciitis.



Causes

The plantar fascia is the tissue that runs from the ball of your foot to the heel and can become tight and inflamed. It can be caused by a number of things: carrying too much weight, fallen arches and repetitive hill work outs/tight calves.

Treatment

The condition can last up to a year or more and some therapists may suggest you wear a boot at night to help alleviate the symptoms. However, some simple taping and targeted exercises can often significantly reduce the discomfort.

If you think you might be a plantar fasciitis sufferer, please book an appointment with Tessa at West Norwood Therapies for a session of deep tissue massage to release tension in the calves, be taped and be given some exercises for your condition.