

Plantar Fasciitis



What is Plantar Fasciitis?

Plantar fasciitis is one of the most common causes of heel and foot pain. It occurs when the plantar fascia - a strong band of tissue that runs along the bottom of your foot from your heel to your toes - becomes irritated and overloaded.

👉 In simple terms: **It's pain under the heel or along the arch caused by strain on the tissue that supports your foot**

Why does Plantar Fasciitis happen?

Plantar fasciitis usually occurs due to repeated stress on the foot. In other words, it is usually an overuse injury.

Common contributing factors include:

- Extended periods of standing or walking
- Sudden increases in activity (i.e. Returning to running after having a break)
- Anatomical differences (i.e. “Flat feet” or high arches)
- Inadequate footwear
- Tight calf muscles
- Weak muscles in the foot and ankle
- Changes in bodyweight
- Working on hard surfaces

Common symptoms

Heel & Foot Pain	Activity-Related Pain
<ul style="list-style-type: none">• Sharp/stabbing pain under the heel that runs along the arch of the foot• Increased pain with the first few steps in the morning• Pain when you start walking after sitting/resting	<ul style="list-style-type: none">• Discomfort when walking, running or standing• Pain after long periods of standing

How can physiotherapy help?

Most cases of plantar fasciitis improve with conservative management.

Physiotherapy may include:

- Calf and foot stretching
- Progressive foot strengthening particularly of the foot intrinsic muscles
- Plantar fascia loading exercises
- Manual therapy (if appropriate)
- Gait and footwear modifications
- Taping
- Shockwave therapy

Take the first steps towards feeling better.

Our experienced physiotherapists will:

- Assess your foot mechanics and walking
- Identify the root cause
- Create a personalised treatment plan
- Guide your safe return to activity

Contact our team to schedule your appointment today. The sooner you start treatment, the sooner you'll be back on your feet - comfortably.