

Plantar Fasciitis & Foot Pain

Complimentary Information provided by "San Diego Running Injury Specialists":

The League Sports Injury Rehabilitation

For more information or to make an appointment, please call (858) 452-8888

What is plantar fasciitis?

Plantar fasciitis (say: plant-er fash-ee-eye-tis) is a common cause of pain in the heel of your foot. Your heel may hurt, feel hot, swell or turn red. This is called inflammation. The inflammation occurs in the plantar fascia, which is a thin layer of tough tissue that supports the arch of the foot. The pain is usually worse when you first get out of bed.



Common Symptoms:

1. Pain on the bottom of the foot towards the heel.
2. The pain is usually worse with the first few steps in the morning or after sitting for a long time.
3. Increased pain after *weight bearing exercise*.

Common Causes:

1. Abnormal foot biomechanics
2. Abnormal *hip* and *knee biomechanics* placing increased stress on the foot.
3. Tight *calf muscles* placing increased stress on the foot.
4. Wearing shoes that lack proper arch support for your foot and gait.
5. A sudden increase in weight bearing activities such as *running*.
6. Excessive *pronation* (flattening)
7. Scar tissue formation from repetitive strain
8. Unconditioned intrinsic muscles of the foot

If Pain Persists and you are in the San Diego Area

Schedule an appointment with our staff of *licensed Doctors*. We'll do a thorough examination and evaluation and suggest a course of treatment. The goal of Professional Treatment is not only to address the symptoms, but more importantly to correct the underlying problem. *We understand athletes and runners!*

For an appointment call (858) 452-8888

For more information visit our website www.TheLeagueRehab.com

4510 Executive Drive, Plaza 5, San Diego Ca 92121 (less than 6 miles from Road Runner Sports)

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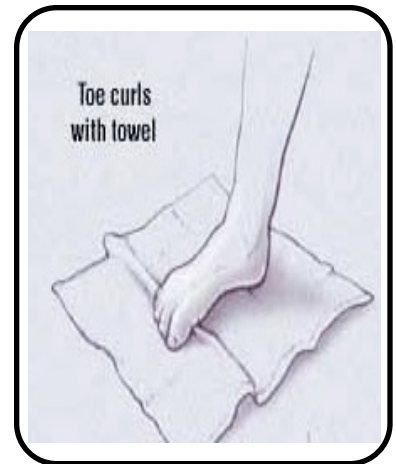
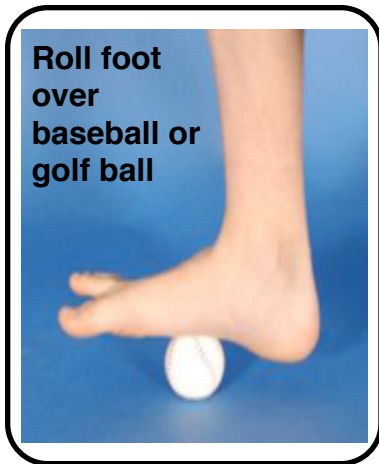
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Self Treatment Options:

The Goal of Self Treatment is to increase the flexibility of the plantar fascia while decreasing the pain and inflammation. There are a few things that you can do to help manage plantar fasciitis.



Recommended Products

Here are some of the products available at Road Runner Sports that may be able to help



RPI Foot Wheel



FootLog Foot Roller



Thermoskin Plantar FXT

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At *The League Sports Injury Rehabilitation*, we address all factors of plantar fasciitis; loss of foot biomechanics, neurological weakness of foot/ankle muscles, functional overpronation of the foot/ankle, fibrosis/adhesions of the soft tissues structures of the foot. For best short & long term results, ALL of these factors must be addressed by a healthcare professional. Schedule an appointment with our staff of *licensed Doctors*. We'll do a thorough exam and evaluation and suggest a course of treatment.

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This information is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified health care provider. Please consult your health care provider with any questions or concerns you may have regarding your condition. We accept no responsibility for any adverse effects or consequences resulting from the use of any of the suggestions or procedures in this handout. By using the information in this handout you are confirming that you understand this statement and that you accept all risk and responsibility. All information provided on this handout is for the purpose of education, not treatment.