

## **Massage can help relieve Plantar Fasciitis**

Plantar Fasciitis (PF) is chronic inflammation and pain of the arch tendon of the foot. It is an overuse injury causing heel pain which may radiate forward into the foot, It can also be known as a heel spur, although, a spur may not always be present.

The most common cause of PF is very tight calf muscles which causes repetitive over stretching of this fascia in the foot. Running, dancing, and jumping are common causes. High arch, low arch or other biomechanical abnormalities can also cause this problem.

PF is a biomechanical dysfunction, best treated non-surgically. It may take as long as 12 months to heal. The following have provided relief and healing:

- Rest is important. Inflammation can not heal with continual aggravation. Choose an alternate activity - Change footwear or seek orthotics.
- Taping the foot helps relieve daily stress to the tendon
- Ice therapy applied regularly can reduce pain
- Night splints gently stretch the muscles and keep them from tightening up overnight, greatly reducing the horrible morning pain symptoms.
- Medication and cortisone injections can be combined with biomechanical correction like orthotics.
- Stretching on a daily basis helps speed recovery.
- Physical therapy ultrasound and MASSAGE help increase circulation and loosen tight fascia

Massage techniques are quite helpful for PF. Massage helps to reduce the tension, and stimulate tissue healing from the chronic overuse. The clients pain level and possible presence of a bone spur, dictate the level of massage pressure utilized. Leg muscles are also treated with an important focus on the calf muscles.

At the club, we provide this type therapeutic massage to treat PF.