



## OH MY ACHING FEET!

Overuse, strain, obesity, poor footwear or inflammation on the plantar fascia that connects the heel to the toes, can cause this painful condition which is felt in the arch of your foot or bottom of your heel.

Without treatment, this condition tends to be prolonged and gets progressively more painful!

## TOP TIPS TO BEAT PLANTAR FASCIITIS

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- 1 - Maintain a healthy weight. Carrying extra weight can put extra stress on your plantar fascia.
- 2 - Choose supportive shoes. Wear shoes with a low to moderate heel, thick soles, good arch support and extra cushioning. Don't walk barefoot or wear worn-out athletic shoes.
- 3 - Change your sport. Try a low-impact sport, such as swimming or bicycling, instead of walking or jogging.

- 4 - Apply ice. Hold a cloth-covered ice pack over the area of pain for 15 minutes three or four times a day. Icing can help reduce pain and inflammation.

- 5 - Stretch your arches, Achilles tendon and calf muscles 2-3 x per day and strengthen your feet muscles. Foot stretches and exercises can help plantar fasciitis by relieving pain, improving muscle strength, and promoting flexibility in the foot muscles and ligaments.

- 6 - Seek help from a professional if it is progressively getting worse.

