



Prevention and Treatment of Plantar Fasciitis

Common Causes

1. Tight calf and/or ankle muscles
2. Inflexible or old shoes
3. Abnormally low or high arches
4. Being overweight
5. Spending long hours on your feet
6. Increasing workout volume too quickly

Prevention Strategies

1. Wear shoes with good arch support and sufficient cushioning
2. Stretch the calf muscles and Achilles tendon for five to 10 minutes at least three times each week
3. Strengthen the muscles in the arch of the foot
 - a. **Towel pull (three sets of 10 reps)** – place a small towel on the floor, grab the towel with your toes and pull it towards you
 - b. **Marble drop** – put marbles on the floor next to a cup and use your toes to pick up the marbles and put them in the cup
4. Increase your workout volume slowly, especially when running. Never increase your weekly workout volume by more than 10% over the previous week.

Treatment Strategies

1. Reduce activity temporarily until pain subsides
2. Reduce inflammation by rolling a frozen water bottle under your foot for eight minutes at the end of the day
3. Roll a ball (golf, lacrosse, tennis) under your foot for two to three minutes several times a day