



Balance Chiropractic Inc  
850 Wallinger Ave, Kimberley  
(250) 908-3785  
[teara@telus.net](mailto:teara@telus.net)

## **Plantar Fasciitis**

There are 6 layers of muscle in the bottom of your foot. A dense layer of tissue, called *fascia*, separates each layer of muscle. Fascia allows muscles to contract without sticking to their neighbors. This gives us dexterity and allows us to walk over uneven ground.

Plantar Fasciitis is an inflammation between a layer of muscle and the intervening fascia, then a layer of muscle and a layer of fascia, and so on. Eventually all of the muscle become adhered, or stuck, together so when you contract one muscle they all get pulled along.

### Symptoms

Plantar Fasciitis presents as a sharp pain under your heel that may continue into the arch and ball of your foot. Characteristically, the first step out of bed in the morning is the worst because at night the inflammation causes the muscles to tighten and increases the arch. When you first get up, all of those adhesions need to break to flatten the arch and allow you to take a step.

### Treatment

Plantar Fasciitis can be treated in the comfort of your own home. It is essential you complete both steps every night for 10 to 14 days (or longer). Although you may feel the symptoms in one foot, you typically have the problem in both so it is important you treat both feet at the same time.

Step 1 ~ Breaking up the adhesions by rolling over a hard ball for 10 minutes.

Starting with a tennis ball and working towards a hard spiky ball, grind all areas of your feet over the ball for 10 min each night. This is going to be tender, so start with a softer ball

Step 2 ~ Pulling out the adhesions by soaking in an Epsom Salt footbath.

This step must follow the first! Soak your feet in an Epsom Salt footbath for 10 min. You will need **2 cups** of salt per bath, and never reuse the water.