

# PLANTAR FASCIITIS?

## Maybe Not, So Don't Ice It!



### Let's start with plantar fasciitis...what is it?

Plantar fasciitis is one of the most common causes of heel pain. It involves pain and inflammation of a thick band of tissue, called the plantar fascia, that runs across the bottom of your foot and connects your heel bone to your toes.



*Inflammation of the plantar fascia*

### What are the causes?

#### CERTAIN TYPES OF EXERCISE

Activities that place a lot of stress on your heel — such as long-distance running and ballet dancing — can contribute to an earlier onset of plantar fasciitis.

#### AGE

Plantar fasciitis is most common between the ages of 40 and 60.

#### FAULTY FOOT MECHANICS

Being flat-footed, having a high arch or having an abnormal walking pattern can adversely affect the way weight is distributed when you're standing and put added stress on the plantar fascia.

#### OBESITY

Excess pounds put extra stress on your plantar fascia.

#### OCCUPATIONS THAT KEEP YOU ON YOUR FEET

Factory workers, teachers and others who spend most of their work hours walking or standing on hard surfaces can damage their plantar fascia.



## Before you pull out that cold pack, ask yourself: WHAT ABOUT TRIGGER POINT THERAPY?

If foot pain is due to a trigger point, most athletes and clients experience real and rapid relief once trigger point therapy is applied. Here's how to get started.



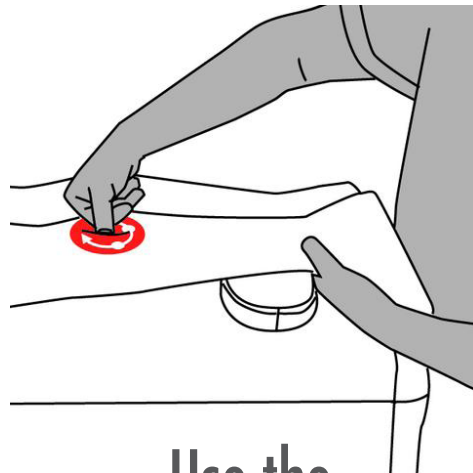
### Invest in an ELEVATING ELECTRIC TABLE



### Provide support with a BOLSTER



### Assess the ability of the ANKLE TO BEND



### Use the TRIGGER POINT ILLUSTRATIONS



### Instruct on SELF-CARE

You care about ensuring your athletes' peak performance. TRIGGER POINT THERAPY IS ONE WAY TO HELP YOU GET THERE.