

Plantar Fascia & Shin Splints



The conditions

- Plantar Fasciitis
- Calcaneal Spurs
- Subtalar Joint Dysfunction
- Shin Splints

Plantar Fasciitis



About the conditions

The foot is made up of total 26 bones and 33 joints. It is divided into the hind foot (the heel bones), the mid-foot and the forefoot (the toes). What links these three segments together are the longitudinal arches of the foot. The most important of these is the medial (inside) arch, which acts as a shock absorber for the body in weight bearing.

The problem arises when the medial arch is either flat or too high, making the ligaments too loose or too tight to support in weight bearing. It can also happen after a period of increased activity and exercise, in a short space of time. Other structures in the foot then try to compensate for this lack of support and in doing so they develop strain. These structures include the plantar fascia, which is a long strap of muscle, which goes from your heel to toes. As it strains at its attachment at the heel (the calcaneum), bone spurs (overgrowth) can develop.

The subtalar joint is the joint between the heel and the mid-foot. Subtalar joint dysfunction is usually associated with ankle instability, often after an ankle sprain.

An accumulation of muscle strains, often due to overuse, growth or changes in movement patterns, can be transferred up the lower leg, causing irritation of the muscle attachment at the shin bone ('shin splints').

Usual symptoms include

- Arch pain in the morning with the first step which reduces as you walk more.
- Pain on weight bearing where pressure is applied to the heel.
- Difficulty in walking / running, stairs, rising on your toes, and squatting with the heels on the floor.

What we can do to help

- We use soft tissue techniques, and teach you muscle stretches to lengthen the plantar fascia.
- We may use laser or acupuncture to relieve pain and promote healing of damaged tissue in the foot and shin.
- We progressively strengthen the weakened muscle by teaching you specific foot exercises.
- We mobilize the foot joints to restore its mobility.
- We use tape and / or arch supports to provide stability until your muscles are able to do the job.
- We advise on proper footwear and orthosis as needed.
- We progressively return you to daily and sporting activity.

Your local Active+ clinic:

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