



Plantar Fasciitis



This is the most common cause of all heel pains. The plantar fascia is a band of fibrous connective tissue that runs along the sole from the heel to the ball of the foot. Bruising or overstretching this can cause inflammation particularly more towards the heel but can affect any part of the band. It is commonly associated with long periods of weight bearing or sudden changes in activity levels

Prevention and treatment will often revolve around stretching, massage, change of footwear and possibly orthotics if there is an underlying biomechanical cause.

Call 9388 9999