



Combine
Sports
Medicine.

GOAT NOTES

Combine Academy Sports Medicine Newsletter



PLANTAR FASCIITIS NEWSLETTER

Students and Parents,

Plantar Fasciitis can be a serious and a debilitating injury. This condition affects active athletes and also the sedentary population. Plantar Fasciitis is more likely to affect people that are overweight, people who spend most of their time on their feet, or who have limited ankle flexion. Symptoms can vary from person to person. Below is additional information for Plantar Fasciitis and how you should treat it.

DIAGNOSIS

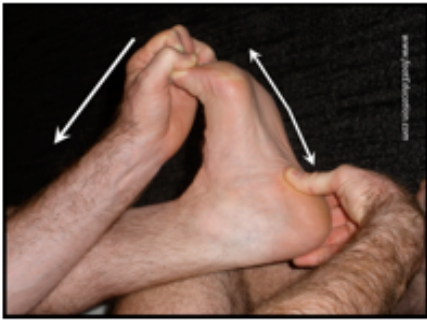
Patients with Plantar Fasciitis present with different symptoms but the main symptom is typically inferior heel pain with weight bearing. This pain may feel like throbbing, stabbing or piercing. Pain is typically worse in the morning, especially after taking your first step of the day. Walking barefoot, on your toes or walking upstairs can worsen the pain. Pain can be confused with Calcaneal epiphysitis, Heel Spurs, Calcaneal Stress Fracture or Osteomyelitis. Diagnostic imaging is not helpful but should be considered to differentiate.

PROGNOSIS

Majority of patients with Plantar Fasciitis eventually progress and ultimately heal. Studies have shown that patients that do conservative treatments (stretch, ice, anti-inflammatories) improve faster and in a complete resolution of pain.

TREATMENTS

Stretching-Gastrocnemius, soleus muscles and plantar fascia (4sets with 30 sec holds)



Plantar fascia Stretch



Gastrocnemius Stretch
(Back leg straight)



Soleus Stretch
(Back leg bent)

Shoe Inserts- Many types of inserts you can select from, but I would start with something cost effective before buying a custom orthotic. You can purchase these inserts at any top department store.

Medications- Nonsteroidal anti-inflammatory drugs (NSAIDs) would alleviate some symptoms. You don't want to rely too much on medications.

Soft Tissue Immobilization- Rolling the bottom of your foot on a ball is key to loosen the plantar fascia.



Treatment should be (2-3 minutes long, 3 times daily)

ICING- You would want to ice for 15-20 minutes/3 times daily using (ice cup massage, foot submersion, ice bag)



REFERENCES

- Riddle DL, Schappert SM. Volume of ambulatory care visits and patterns of care for patients diagnosed with plantar fasciitis: a national study of medical doctors. Foot Ankle Int. 2004;25:303-10....

Director of Athletic Training



Andres earned his Bachelor's Degree from Nova Southeastern University and majored in Athletic Training. He is a member of the NATA and previously held a licensure as a Paramedic Firefighter. Andres is the father of two daughters, and husband to Mrs. Gutierrez, a pediatric ICU nurse. Mr. Gutierrez also has an immense amount of rehabilitation and physiotherapy experience, utilizing some of the most cutting edge science and athletic training practices with several NBA, NFL, MLS, and MLB professional clients.



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