

# Foot care for Plantar Fasciitis

Plantar Fasciitis can be an extremely debilitating condition, causing inflammation to the fibrous tissue which connects the heel bone to the toes. It is thought to be caused by repetitive injury over a period of time through excessive walking or running, however this is not always the primary cause. Those with Plantar Fasciitis often experience extreme heel pain which can make choosing footwear a very difficult task.

Plantar Fasciitis can be recovered from in a series on months, however it does take a toll on your entire body during this time and if regular treatments aren't kept up the recovery period will increase.

As Plantar Fasciitis is thought to be a temporary condition it shouldn't restrict your footwear choices over a lifetime, however during the period when the condition is at its worst it is best to seek guidance from your local GP, physio therapist or podiatrist.

Temporary relief from the condition can be achieved by:

- Ice Packs
- Leg raises
- Exercise which is not concentrated on putting pressure on the feet such as swimming

## Aids

When treating Plantar Fasciitis it can help to purchase a series of aids to relieve symptoms, reduce pain and increase the benefits of your stretching exercises.

You can try:

- Arch Supports
- Calf Stretcher
- Foot Massage Roller

But what about shoes?

First things first...they MUST be comfortable. You also must consult your clinician if you are particularly worried about the effect of certain footwear on your health.

While your condition is still apparent I would suggest the use of orthopaedic footwear (sometimes unattractive I know) but its better to have appropriate shoes for the short term while you recover than make the condition more severe for the long-term.

Orthopaedic doesn't have to mean ugly try these brands for inspiration:-

[Ken Hall](#) is one of Northampton's finest footwear manufacturers and they have a full catalogue of possible orthopaedic options in varying styles. You'll be in safe hands (or feet shall I say)

[Vionic](#) offer a small range of men's orthopaedic footwear but they also specialise in Plantar Fasciitis heel inserts, making everyday wearing a tad easier on your feet.

## Heel inserts

A great way to get the best of both worlds is to invest in some proper orthopaedic heel inserts, by doing so you widen your choices of footwear, as long as you make sure you invest in proper constructed footwear, **ESPECIALLY** make sure your shoes have a back **stiffener**, which is placed between the lining and the upper leathers to prevent the shoe losing shape. You can identify if this stiffener is in place by pressing the back of the shoe inwards, if a stiffener is present the back of the shoe should not bend inwards.

For more information on your foothealth try:

[What are the healthiest shoes for your feet?](#)

[4 common problems and what shoes to wear](#)

## PLANTAR FASCIITIS

