

# MASSAGE THERAPY FOR PLANTAR FASCIITIS

THE #1 CAUSE OF HEEL PAIN

ACHILLES TENDON

CALCANEUS  
(HEEL BONE)

PLANTAR  
FASCIITIS

PLANTAR FASCIA

Plantar fasciitis is characterized by the inflammation of the plantar fascia, the thick band of tissue that connects your heel to your toes and supports the arch of your foot

Massage therapy can help improve function and reduce heel pain

## HOW YOU CAN GET IT

- Foot arch problems (high arches or flat feet)
- Running long distances
- Tight Achilles tendon
- Wearing shoes with poor arch support or soft soles
- Standing for long periods
- Overweight or pregnant

## WHAT IT FEELS LIKE

- Pain and stiffness in the heel
- Sharp, stabbing foot pain after physical activity
- Occurs in one foot or both



## HOW TO TREAT IT

- Give your feet a rest
- Wear supportive shoes
- Stretch calf and foot muscles
- Massage therapy



## EXERCISES TO HEAL YOUR HEELS

### BIG TOE

While seated, cross one leg over the other. Grab your big toe, pull it gently toward you, and hold for 15-30 seconds.

### ROLLING

While seated, roll a tennis ball or rolling pin with the arch of your foot for 30-60 seconds at a time.

### CALVES

Place your painful foot behind you in a straight line with your other foot. Extend your hip and knee and keep your heel on the ground. Hold for 15-30 seconds.

### TOWEL STRETCH

While seated, fold a towel lengthwise, and place it under the arches of both feet. Grab the ends of the towel and gently pull the tops of your feet toward you. Hold for 15-30 seconds.