

The Plantar Fascia DIRTY DOZEN (12 things to avoid)

The following is a list of the 12 things that can prevent plantar fasciitis from healing or getting better. If done to excess, they can also cause plantar fasciitis.

1. Standing or walking on hard surfaces over a long period of time.
2. Anything that overextends the plantar fascia such as kneeling and digging your toes into the ground. Anything that puts stress on the bottom of the foot. Anything that puts your toes in an extended position. Including exercises that place your toes in an extended position- planks, lunges, or calf raises.
3. Acute trauma- landing on your foot the wrong way during a sport or work.
4. Tight calf muscles and/or tight hamstrings.
5. Any leg injury that causes you to compensate and limp or taking greater weight on one foot can cause plantar fasciitis. For example, hopping on one foot because you are not allowed to place weight on the opposite foot.
6. Doing too much too fast. Changing the intensity in activities: Sprinting when you normally jog. Jogging when you normally walk. Jumping when you normally do not jump. Too big of increase in running, or walking. Too many planks. Doing too much too fast is common in January when you restart a fitness program. You should plan on ramping up workouts slowly.
7. Weight gain is a common cause of plantar fasciitis. Whether you are gaining fat, or muscle, the added pounds put additional strain on your feet. This can cause plantar fasciitis or trigger a new onset if you have already healed.
8. Poorly fitting shoes and old shoes: If your shoes are showing noticeable wear on the bottom tread, it is time to toss them out. A new style of shoe can cause plantar fasciitis if it does not fit properly or provide the proper support that you need.
9. Running, jogging, long fast walks, dancing, and/or aerobic type exercises.
10. Poor running or walking technique.
11. Leg length discrepancy: If the length of your legs differs significantly one from the other, you have a greater risk of developing plantar fasciitis. This is

due to the increased stress placed on the longer limb. You can put a heel wedge or cup under the shorter leg to compensate.

12. Walking with bare feet or stocking footed.

3 additional things that may contribute to Plantar Fasciitis.

1. People with diabetes – less blood flow to the fascia (which has poor blood flow to start) and possibly balance problems which affects the way on walks.
2. Your age. As you age the plantar fascia becomes brittle and easy to injure.
3. Pregnancy- pregnant women- hormone Relaxin relaxes the ligaments of the pelvis and allows the pelvis to open for childbirth. Relaxin, along with the extra weight of pregnancy can result in plantar fasciitis.