



Midlife Runners Paradise

How to treat Plantar Fasciitis – A definitive Guide

As many as 80% of people will experience plantar fasciitis at some point in their lives. It's a painful condition that often affects athletes and people who are on their feet all day. However, you don't need to be an athlete or spend all day at work to get plantar fasciitis. In fact, almost anyone can get it if they spend enough time with the balls of their feet pressed against a hard surface. In this article, we will explain what plantar fasciitis is and how you can treat it. You don't have to suffer through your pain any longer! Read on to learn everything you need to know about this common condition and how you can ease your pain and return to normal activities again as soon as possible.

What Is Plantar Fasciitis?

Plantar Fasciitis (or "PF" as it's commonly referred to) is a painful condition that often affects the bottom of the foot. The plantar fascia is a band of connective tissue that runs from the heel to the toes.

It supports the arch of the foot and helps you walk, run, and stand on your feet all day long. Most people experience a little bit of pain in their heel or arch at some point.

Thankfully, it's easy to fix! Simply taking a break from your activities and massaging the bottom of your foot can relieve the pain. However, some people will develop plantar fasciitis. It's a lot more serious than the slight pain on the ball of your foot. If you have it, the bottom of your foot will be extremely painful and you'll have a hard time walking and standing.

How Does Plantar Fasciitis Feel?

The difference between heel pain and plantar fasciitis is that it's usually localized to the area of the foot directly beneath the ball of your foot. When you have plantar fasciitis, you'll feel a sharp pain when you press the underside of your foot down against a hard surface. When someone with plantar fasciitis tries to walk, they may be forced to walk on their toes or lift their heel up to avoid the pain. When you're sitting down and putting your feet up, you may be able to feel a slight pull or pain running up your leg. It's nothing to worry about — just a sign that you have plantar fasciitis.

The Causes of Plantar Fasciitis

If you've never had any foot pain before in your life, you might be wondering what causes plantar fasciitis. Fortunately, it's usually very easy to avoid.

If you're an athlete or someone who spends a lot of time on your feet, you may have seen an increase in pain on the bottom of your foot. That's a sign that it's time to take a break from your activities

— you're on your feet too long and putting too much pressure on your feet!
The most common causes of plantar fasciitis

include: - Spending too much time on your feet - especially with the balls of your feet pressed against a hard surface.

This includes standing on your feet all day at work, standing on your feet to play sports, and standing on your feet while exercising.

- Having a foot type that naturally puts too much pressure on the plantar fascia. - Having weak calves.

Tried and True Treatments for Plantar Fasciitis

If you've developed plantar fasciitis, you'll need to take some time off from your activities to let your foot recover. Then, you can follow these simple steps to treat your plantar fasciitis and ease your foot pain:

- Stretch your calves - this is the most important thing you can do! Stronger calves will reduce the pressure on your plantar fascia and help you avoid plantar fasciitis.

- Ice your foot - icing directly after you take your break from your activities will help reduce the swelling in your foot and make you feel better faster!

- Use a night splint - night splints are designed to keep your foot in a neutral position while you sleep. This will help you stretch out your plantar fascia as you sleep and ease the pain in your foot. - Wear good shoes - this might sound silly, but if you have a foot type that puts too much pressure on your plantar fascia, it's important to wear the right shoes!

Try to find a pair of shoes with a low heel that is wide enough to accommodate your plantar fascia, and then wear them for at least 30 minutes before bed.

- Work out - exercise is great for the plantar fascia, but the only way you can prevent plantar fasciitis is by working out.

Bottom line

If you've developed plantar fasciitis, you'll need to take some time off from your activities and stretch your calves to help them recover. After that, you can use ice, a night splint, and good shoes to ease your pain and get back on your feet again as soon as possible! With the right treatment, you can easily heal and avoid developing plantar fasciitis in the first place. Now that you know what plantar fasciitis is and how to treat it, you can put an end to your foot pain and get back to your

About Me



I am England Athletics Running Coach. I started running in my 40s and completed my 1st Marathon in 2018. Running has turned my life for the better in more ways than I can imagine. I have lost weight & kept it and improved my nutrition. I am much fitter than I was in my 30's, and my menopausal symptoms have reduced drastically. I have helped turn many more midlifers into passionate, confident runners.

Reach out to me at if you need more help

info@midliferunners.com

FB : [Facebook.com/groups/MidlifeRunCoach](https://www.facebook.com/groups/MidlifeRunCoach)

Insta: Midliferunners

Visit <http://www.midliferunners.com/>