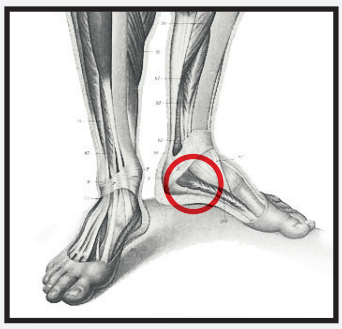
Plantar Fascia Pain

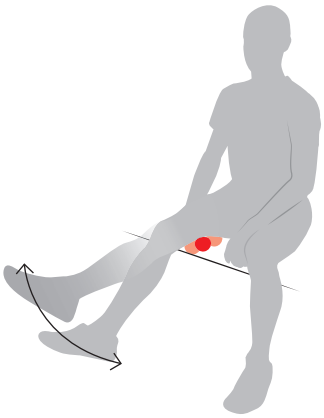
For more information and to view the full range of our products, please visit www.rechargeclass.com

USE re+ TOOLS TO REDUCE YOUR PLANTAR FASCIA PAIN.

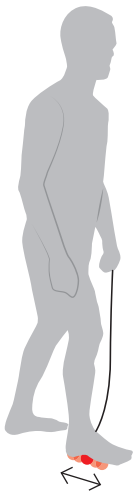


RELEASE TECHNIQUES

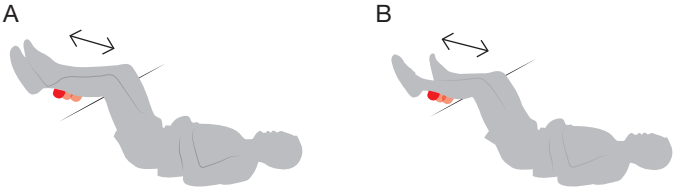
Hamstring roll



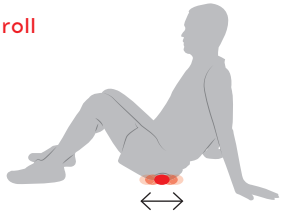
Plantar roll



Calf roll

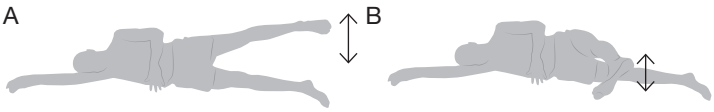


Glute/piriformis roll

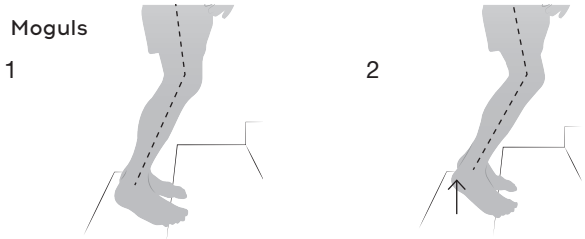


STRENGTHEN TECHNIQUES

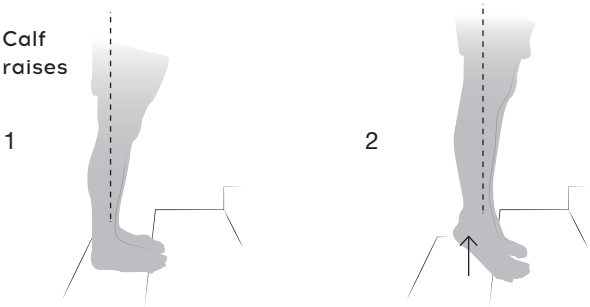
Wall glutes



Moguls



Calf raises



Foot scrapes

Check out our website for detailed instructions and videos.
This program is aimed to supplement the specific advice given to you by your experienced clinician.
If pain increases with any activity, stop and see your professional!

re+ rechargeclass

www.rechargeclass.com

USE rechargeclass AS PART OF YOUR RECOVERY.

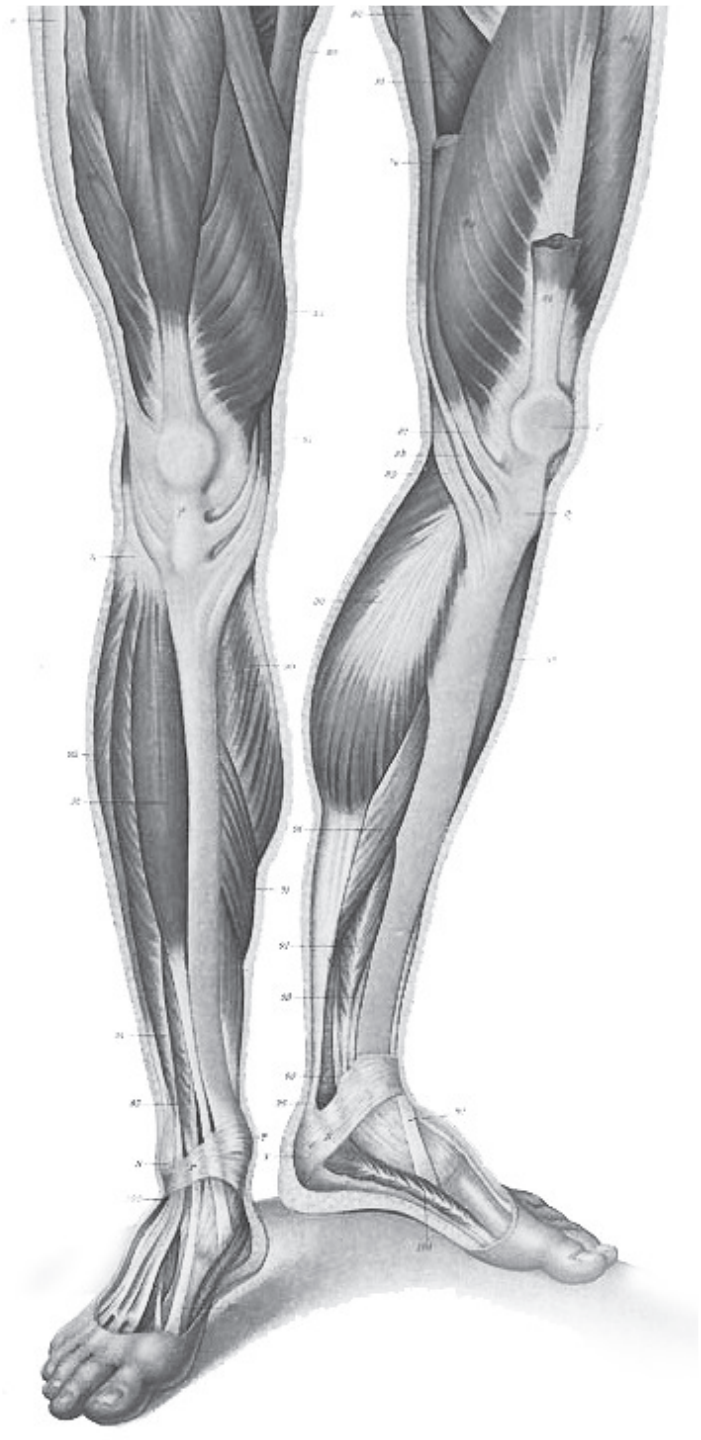
We recommend these tools

EAGLE BIRDIE DOUBLAR SOLO

Plantar fasciitis isn't a true inflammation, and is more correctly termed a fasciosis or fasciopathy. It may also involve 'heel spurs', but whatever the case, it will certainly give you lots of pain! Those of us with high or low arches may be at risk for developing plantar fasciitis, particularly so if our biomechanics while walking, running or dancing isn't addressed.

What relieves it?

The first step is to avoid activities that cause you pain. Using ice after activities and the occasional anti-inflammatory may help. After a few days to weeks, soft tissue therapy and a specific strengthening program are required to reduce the tightness in the surrounding structures and improve the way you use your body. Your health professional will be able to monitor your improvements and alter your release and strengthening program as you require. The aim of your rehabilitation program should be to correct your biomechanics within and above your foot. You may also wish to continue your rehabilitation program after you return to sport to reduce the likelihood of a relapse.



Images credits:
Laskowski, S. 1894 Anatomie normale du corps humain

Release and Mobilise

These are passive changes applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes on its own. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).