

**PLANTAR
FASCIITIS:
RECOVERY
&
PREVENTION**



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Introduction

If you're sick and tired of dealing with aching feet, sore heels and want to do something about it then you've come to the right place. You have most likely received this eBook by email from us when you bought a pack of our Fit-Nation Compression Socks. So firstly - THANK YOU! We really appreciate your business and we hope that our compression socks start to make a real difference for you and get you on the path to recovery.

So, why should you read the following information?

Why not just pop your socks on and be done with it?

Here's why...

Plantar Fasciitis is a lot more common than you might think. All sorts of people suffer with it and the worst thing about it is that it can take a long time to recover from.

Once you read through this guide, you'll have one of those "Aha!" penny drop moments - or at least we hope you will!

Coming up:

Section 1:

What is Plantar Fasciitis?
What are the symptoms?
What causes it?

Section 2:

Recovering from Plantar Fasciitis

Section 3:

How to prevent Plantar Fasciitis

So on the next page we'll go into section 1, we'll look at what Plantar Fasciitis actually is and how we get it - so scroll down or swipe to the next page and we'll begin...

WARNING

Sport training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your doctor. If you experience any discomfort while using this product, or whilst following any of the exercises in this guide, stop the activity immediately. Always check equipment for worn or damaged parts before use. If any defects are found do not use the product. The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your doctor prior to starting this or any other program, or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Fit Nation advises readers to take full responsibility for their safety and know their limits before partaking in the exercises in this or any other program. Be sure that your equipment is well-maintained and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regime that may have been prescribed by your doctor. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always do a warm-up prior to any exercise. See your doctor before starting any exercise or nutrition program. If you are taking any medications, you must talk to your doctor before starting any exercise program, including but not limited to the exercises that follow. If your doctor recommends that you don't use this or any other program, please follow your doctor's advice.

Section 1

What is Plantar Fasciitis?

Plantar Fascia are, what look like fat rubber bands in the soles of your feet but they are actually made of collagen (a rigid protein that's not very stretchy). The stress of overuse, overpronation or using worn out running shoes can result in tiny tears in the plantar fascia, causing pain and inflammation or in other words Plantar Fasciitis.

Since blood flow to the plantar fascia is basically non-existent, it can often take months for them to heal fully and for the pain and discomfort to completely disappear. But don't worry, we'll cover a few tips of how to speed this up!

What are the symptoms?

Plantar Fasciitis presents as a deep ache or sharp stabbing pain in the heel, which can be especially bad in the morning when getting out of bed. If you're a runner you may notice that it hurts when pushing off the blocks or suddenly increasing your pace.

The pain can travel right through the foot often causing a throbbing pain from behind the toes all the way under your foot, ankle and even into the calf.

You can feel the pain in one foot or both feet, this is because of how Plantar Fasciitis is caused, which we'll discuss next.

What causes it?

Whilst there are a few different things that can cause an outburst of Plantar Fasciitis, one of the most common is a side effect of running, or to be more specific, a few side effects of running.

Things like overtraining, neglecting to stretch, overdoing hill or speed work, sudden increases in training mileage, wearing worn out running shoes or running on hard surfaces like asphalt or concrete can all cause tight calves. Tight calves pull on your achilles tendons, which pull the plantar fascia tight in the soles of your feet - and just like that - you're out for months, unable to stand never mind walk or run.

Other things like biomechanical flaws in the foot (flat foot, high arched feet etc.), tight achilles tendons, excessive pronation or even wearing high heels all day then running in flats straight after can also cause Plantar Fasciitis.

So now you know a little bit about what plantar fasciitis is, what the symptoms are and how it's caused - so now it's time to move on to how to recover from it. That's section 2 - it's on the next page!

Section 2

Recovering from Plantar Fasciitis

One fact to make clear is that Plantar Fasciitis heals very slowly - so if you're looking for an overnight cure, or miracle treatment then think again. Since the healing response is directly proportional to blood flow, plantar fascia are always going to be a lot slower to heal than a torn muscle for example. That's because muscles have very good blood flow and can heal in days/weeks but plantar fascia have extremely poor if any blood flow, hence they can take months to heal.

But it's not the end of the world because...

We can do various things to increase the blood flow in the general area of them!

Now before we get into some of our top tips for recovery, we just want you to head over to our website and watch this quick 5 minute video by Dr Axe on how he deals with Plantar Fasciitis:

www.fit-nation.com/plantar-video

Now for our tips:

At the first sign of soreness, you should massage the bottoms of your feet on a [foam roller](#) or golf ball and apply ice. Ice is your friend - stick your foot in a bucket of ice & water or freeze a water bottle and roll your foot on it.

What you wear on your feet when you're not running makes a difference too. Arch support is key and walking around barefoot or with flimsy shoes can really delay your recovery.

If your pain is persistent and continues for more than 3 weeks you should seek advice from your GP or a sports podiatrist.

Whilst it's typical to experience pain in just one foot, it's important to massage and stretch both feet because your good foot will more than likely be compensating for your injured foot and needs just as much tender loving care. Massage & stretch both feet first thing in the morning and then 3-4 times throughout the day too.

What stretches can I do?

There are tons of videos on YouTube showing all sorts of stretches you can do but there are a few main ones that just about everyone will show you:

1. Achilles Tendon Stretch

- a. Stand with one foot behind the other one.
- b. Point both feet forwards with the toes of your back foot directly behind the heel of your front foot.
- c. Lean forwards onto a wall.
- d. Bend your front knee and keep the back knee straight with your heels planted firmly on the floor.
- e. Hold for 10-15 seconds.

Remember to repeat for the opposite foot.

Section 2

Recovering from Plantar Fasciitis Continued...

2. Plantar Fascia Stretch - Seated

- a. Sit down and place one foot across your knee.
- b. Using the hand from the same side as the leg on your knee, pull your toes towards your knee until you feel the stretch in your arch.
- c. You can press on your heel with your free hand to get even further pressure.
- d. Hold for 10-15 seconds.

Remember to repeat for the opposite foot.

3. Plantar Fascia Stretch - Kneeling

- a. Go down on your hands and knees, with your hands and legs shoulder width apart.
- b. Lean forwards & curl your toes in.
- c. Bring your weight back over your curled up toes and feel the stretch in your arches.
- d. Hold for 10-15 seconds.

What massages can I do?

Well just as Dr Axe told us in his video, it's important to roll out the plantar fascia and relieve the tension on them. It's the rolling massages that are the important ones here so grab your rolling pin, gold ball or [Fit Nation® Foam Roller](#) if you have one and roll your feet back and forth on it.

Focus on trying to get deep into the fascia and when you find a tender spot roll slowly back and forth on it - then slowly working your way further and further out each time, stretching the fascia out and hopefully relieving the tension on them.

Next we'll move on to some prevention tips so that once you have recovered from Plantar Fasciitis you can ensure that you never get struck with it again. That's section 3 - it's on the next page!

Section 3

How to Prevent Plantar Fasciitis

In this final section we're going to look at some tips for preventing Plantar Fasciitis.

Remembering the reasons why we are burdened with Plantar Fasciitis in the first place helps us to put in place an action plan to stop it from re-occurring again in the future.

Tip 1: Build a strong kinetic chain

If you have a strong core and an increased agility then sudden bursts of speed or training hard will affect you less and thus you should avoid picking up injuries like Plantar Fasciitis. Runners World have a great course called "Iron Strength" which is all about functional kinetic strengthening, check it out here: www.fit-nation.com/iron-strength-workout

Tip 2: Bare Foot Walking/Running

Because our bodies were designed before shoes were invented, we now suffer from weak mid-feet as our shoes provide too much support meaning we don't use some of the muscles we have in the foot. Wearing minimalist shoes or going for short walks/runs barefoot can help strengthen your mid-foot. Nothing too much to begin with - just 5-10 minutes ideally with minimalist shoes like the [Vibram FiveFingers](#). Remember that your feet are not used to this though so take it easy and build up slowly.

IMPORTANT: If you change your running shoes or decide to do some barefoot walking/running, please make sure you take it easy - no more than 30 minutes every other day to begin with. Doing more than this could make things much worse!

Tip 3: Shorten your Stride when Running/Walking

Increasing your steps per minute whilst covering the same distance will lessen the load on your feet and they will thank you for it. So quicken your pace up to around 90 steps per minute with each foot (90 left, 90 right in one minute). It might feel a little odd at first but after a few weeks you'll get the hang of it and it should help you avoid further injury.

Tip 4: Run/Walk on Soft Surfaces

Hard surfaces like asphalt and concrete are not very forgiving to your feet who in turn have to absorb all of the shock from walking and running. Switching to a soft surface like grass, or sand will give your feet a bit more padding.

Tip 5: Know the 10% Rule

Keeping mileage increases to less than 10% per week will stop your feet from being shocked and help you to avoid overtraining your calves too.

Tip 6: Get Properly Fitted for Running Shoes

Visit your local running store and ask them to take a look at your feet (make sure you wash them beforehand). Ask them to give you a proper fitting running shoe which matches your foot type.

Tip 7: Stretch & Massage your Feet Daily

It's important to note that the stretches and massages we talked about in section 2 are not just for when you are recovering from Plantar Fasciitis but to keep it at bay too. Make sure you keep on top of them, build them in as part of your daily routine and before you know it you'll be doing them without even knowing it.

Wrap Up

So, now you have a good few techniques to fight Plantar Fasciitis, recover from it and prevent it from ever re-occurring. We hope that you had that “Aha” penny drops moment we told you about in the intro and that you found the information in this eBook helpful too.

For those of you who did watch the Dr Axe video you will have seen him talk about supplements you can add to your diet to help speed up your recovery, and whilst we did not go into these in detail in this guide, I have listed them below so that you can ask your GP or Doctor more about them. Here they are:

Magnesium
Vitamin B5
Fish Oils
Vitamin C (To help absorb the Vitamin B5)

All of these are available at your local health food store, for example Holland & Barratt but you should always check with your GP before taking them.

You may also have noticed that we didn't include anything about our compression socks in this guide and that is because we wanted it to be all about other ways you can help alleviate symptoms of Plantar Fasciitis and not just a load of marketing material on how fantastic our compression socks are! It goes without saying that our compression socks are a great addition to your recovery and prevention plan but we guess you knew that already since you bought them before you got this guide.

Anyway, good luck with your recovery and in starting your journey to a Plantar Fasciitis free life.

Please let us know what you thought of this guide and if we have missed anything that works for you, then we can look into including that in future editions.

Our email address is: info@fit-nation.com

We hope that you have enjoyed reading this guide and we would be extremely grateful if you would share your thoughts on your recent purchase of our compression socks and also on this guide in an Amazon Product Review.

Here is a quick link to leave a product review on Amazon:

www.fit-nation.com/plantar-review

And that's it!

Thanks again and good luck!

The Fit-Nation Team

NOT GOT A PACK OF OUR PLANTAR FASCIITIS COMPRESSION SOCKS?

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