



Plantar Fasciitis

The plantar fascia is a band of tough fibrous tissue that runs from your heel to the base of your toes. In the presence of faulty body mechanics, the repetitive nature of running and cycling puts this tough tissue as well as its underlying musculature at risk. Injury or dysfunction ultimately occurs when these tissues are not given the opportunity to heal between training sessions. In an attempt to heal itself, the inflamed and irritated tissues begin to lay down restrictive, adhesive scar tissue. This causes adjacent tissues to essentially stick together increasing risk of injury as well as decreasing performance.

Traditional treatment for plantar fascia includes icing, stretching, NSAIDs and massage. While these approaches may provide some temporary pain relief, they do little to change the restricted functional aspects of the underlying tissues.

Active Release Technique alters the soft tissue structures by breaking up the restrictive scar tissue adhesions that bind the plantar fascia to the underlying musculature of the foot. This restores the functional aspects of the tissue releasing them to move freely once again.

ActiveCare Sports Chiropractic @ ClubSport
Matthew Hemsley D.C., C.S.C.S.
ph 503.968.4542