

# HELP. I HAVE PLANTAR FASCIITIS

on average, about 1% of the population will get plantar fasciitis; your chances of getting it are a smidge higher if you are older than 45. If you wake up with aches with a deep unrelenting pain, there are things you can do to help. **stretch your calves** if you are not sure what causes pf, but stretching to relive symptoms a bit. you can put your foot on a step and lower your heel to stretch your calf, or use a sturdy adjustable slant board like the one at [strong-tec.com](http://strong-tec.com) or try the fitterfirst board. **rolling your foot** also helps. put a flexible ball (a pinky ball works great) under your arch and roll back and forth. start with this when you get more used to the sensation, you can use your body weight to put more pressure on the ball. you can also freeze a plastic water bottle and roll your foot on that. **bare feet are a no-no**; you need to wear a shoe. a small solid heel is better than flats. if all the home remedies fail to give you relief, it might be time to seek medical help. many people find great relief from a **cortisone shot** in the heel, though steroids can cause damage to tissues over time, so this is not an effective long-term solution.

not an effective solution. some people swear by an adjustable boot worn at night that stretches the calf and achilles. these can be purchased inexpensively online. sometimes foot docs prescribe a three-pronged approach: **cortisone, massage, and ultra sound treatment**. if you live in an area where chinese foot massage parlors proliferate, **tui-na** can be a great source of inexpensive relief. be warned, tui-na practioners are trained to go deep and will often attack a problem area with vigor, so the session can be a bit painful. many people find relief from accupunctue, particularly **trigger-point accupuncture**, where a needle is inserted into muscle knots and rotated until the congestion dissapates. more radical treatments include **PRP**, where a doctor takes some of your blood, spins it to seperate and concentrate the platelets which are then injected into the injury. the platelets cause an inflammatory response, which the body will attempt to clear. the theory is, as the immune system sends in cells to get rid of the new inflammation, it also gets rid of the inflammation caused by the plantar fasciitis, some docs are experimenting with **shock wave theapy**, where sound waves that interact with injured tissues are used to promote quick healing. Chances are, you'll have to try many of these solutions to find relief, but as a healed sufferer, it is worth exploring to find what works for you.

population getting it are if your heel are a number of things you can do to help. **stretch your calves**. docs the calf seems to be the cause. you can put your toes on a step and lower your heel to stretch your calf, or use a sturdy adjustable slant board like the one at [strong-tec.com](http://strong-tec.com) or try the fitterfirst board. **rolling your foot** also helps. put a flexible ball (a pinky ball works great) under your arch and roll back and forth. start with this when you get more used to the sensation, you can use your body weight to put more pressure on the ball. you can also freeze a plastic water bottle and roll your foot on that. **bare shoe even in the house**. a small solid heel is better than flats. if all relief, it might be time to seek medical help. many people find great relief from a **cortisone shot** in the heel, though steroids can cause damage to tissues over time, so this is not an effective long-term solution.

