

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy Associates

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Plantar Fasciitis



PLANTAR FASCITIS

The Plantar Fascia is a frequently injured band of connective tissue which runs from under the heel, fanning out and forwards to the base of the toes.

Plantar fasciitis is the syndrome caused by the tearing and inflammation of this tissue, usually at the inside heel attachment. It is one of the more common problems affecting not only runners but many people over the age of 30. Since other problems can also cause discomfort around the heel a careful examination is essential for correct diagnosis.



SYMPTOMS

This condition can occur on one side or both. There is typically pain under and along the heel and/or arch when weight-bearing. It is often worst with the first few steps in the morning and then again with weight bearing activity, such as walking or running. With severe cases there may be pain at rest and walking without a limp may prove impossible. This limping can in turn cause secondary problems elsewhere in the leg or low back.

CAUSES

Some typical factors make this condition more likely to occur:
Skeletal factors Over pronation (flat feet),

stiffness of the big toe and poor arch support both increase the load on the fascia.

Muscular imbalance Tightness of the calf with weakness of the supporting arch muscles.

Poor footwear for the activity Either ill fitting or excessively worn shoes which no longer support the heel and arch correctly.

Excessive mileage or too rapid an increase in activity. It is more common in people training over 30 miles a week. Overly aggressive progression of sprint or hill work is also a trigger.

Age related Age produces thinning of the connective tissue. This condition occurs more easily in those aged over 40.

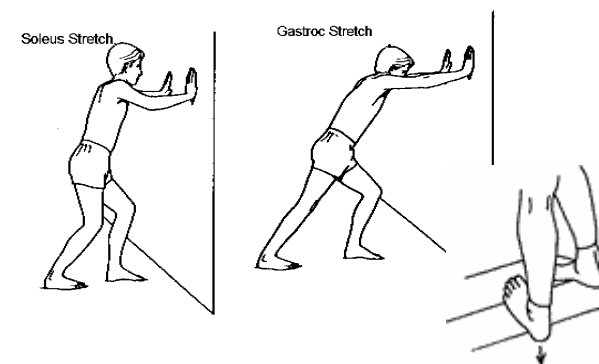
Direct Trauma: Jumping and landing on something, or simply stepping on a stone.

TREATMENT

Therapy needs to be prompt and aggressive to avoid a chronic injury which rapidly becomes much more difficult to treat. At Burrard Physiotherapy Associates, your therapist will do a complete biomechanical assessment to determine the root cause of the problem. We will help with immediate advice on activity modification to decrease impact. (Runners typically need to *temporarily* reduce by 25 - 75%.) Cardiovascular fitness can be maintained with cycling or water running. *No sprinting or hill running!* Early control of pain and inflammation is achieved with ice and electro-therapy, which may include ultrasound, laser or electrical stimulation. Specific taping to support and protect the fascia is often helpful in the more acute stages or occasionally a night splint may be prescribed.



As symptoms settle, rehabilitation begins with slow, prolonged stretches for the calf muscles and fascia. This is progressed to strengthen-



ing of the arch support and deep calf muscles. (Applying heat between stretches can improve the effect.) Orthotics (shoe inserts which can help control foot position) are sometimes useful but often an alteration in running style or footwear is more important and may be all that is required. Walk softly! Being heavy on your feet increases foot strain as does your overall weight. It may be time to loose those extra pounds. A carefully graduated and monitored return to full activity is essential to prevent a recurrent problem from developing. At Burrard Physiotherapy Associates we aim to provide you with clear guidelines to help you through the rehabilitation needed to ensure a safe and fast return to your chosen activity. We will advise you on how to prevent the injury from recurring with an effective home exercise program.

See our therapists for expert advice.

REMEMBER: Early recognition and treatment is the best way to avoid ongoing disability. Don't risk a chronic injury by returning to full activity too quickly!