

Exercises

Shin Curls. Run your injured foot slowly up and down the shin of your other leg as you try to grab the shin with your toes. A similar exercise can be done curling your toes around a tin can.



Shin Curls
Repeat 15 Times 3 times/day

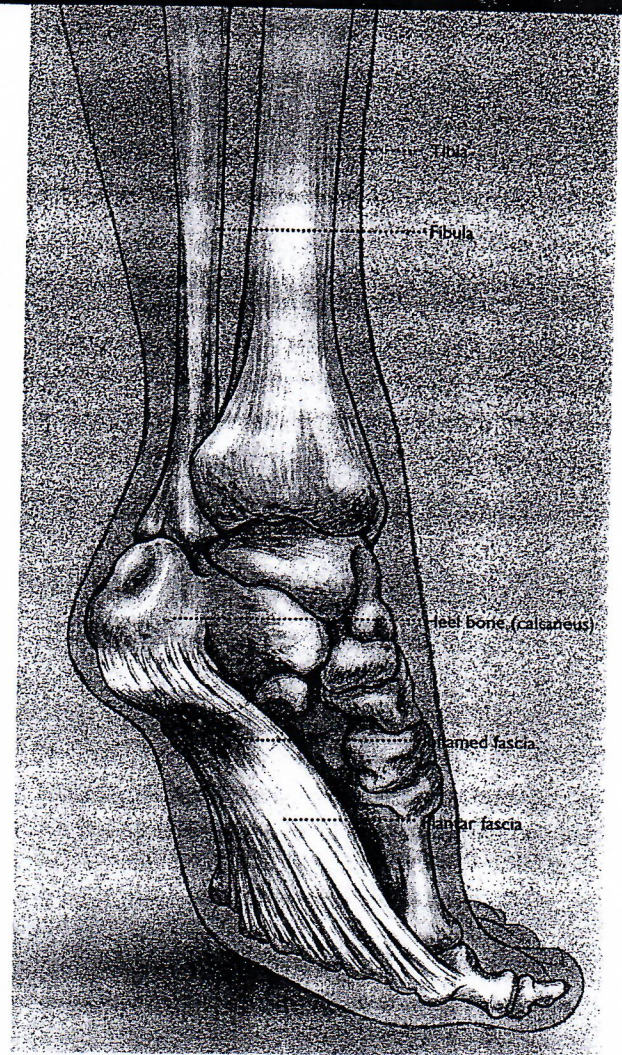


Stretching
Repeat 15 Times 3 times/day



Stretches. Stand at arm's length from a counter or table with your back knee locked and your front knee bent. Slowly lean toward the table, pressing forward until a moderate stretch is felt in the calf muscles of your straight leg. Hold 15 seconds. Keeping both heels on the floor, bend the knee of your straight leg until a moderate stretch is felt in your Achilles tendon. (Tendons attach muscles to bones; the Achilles tendon attaches the muscles of the calf to the heel bone.) Hold 15 seconds more. You should feel a moderate pull in your muscles and tendon, but no pain. Change legs and stretch the other leg.

PLANTAR FASCIITIS



THE INJURY

Plantar fasciitis (heel-spur syndrome) is a common problem among people who are active in sports, particularly runners. It starts as a dull intermittent pain in the heel which may progress to a sharp persistent pain. Classically, it is worse in the morning with the first few steps, after sitting, after standing or walking, and at the beginning of sporting activity.



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