

INJURY PREVENTION AND RECOVERY:

PLANTAR FASCIITIS

AREA OF PAIN – PLANTAR FASCIITIS:



- Pain can feel like a dull ache / bruise along your arch or bottom of the heel.
- Pain feels worst first thing in the morning after waking up and after long periods of standing.
- Pain may hurt the worst at the beginning of a run, but will gradually go away.

PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Part of the recovery process is strengthening the muscles, tendons & ligaments that are weak. These weak areas are the reason the injury occurred in the first place. Do not expect to fully recover by simply resting. Strengthening the body is a critical step in returning to full training.
- Continue Specific strength exercises two weeks after the injury is fully healed.
- **Attend practice DAILY and fill out an Injury Worksheet for Stage 1, 2, or 3 recovery.**

STAGE 1

3 DAY RECOVERY PLAN

INJURY PREVENTION

STAGE 2

6 DAY RECOVERY PLAN

INJURY ON-SET

STAGE 3

8 DAY RECOVERY PLAN

INJURY RECOVERY

**ROUTINES LISTED ON THE BACKSIDE*

INJURY PREVENTION AND RECOVERY:

PLANTAR FASCIITIS

ABS "A"

- | | |
|------------------------|--------|
| 1. Heel Touch Crunches | (1min) |
| 2. Side Heel Touches | (1min) |
| 3. Regular Plank | (1min) |
| 4. Straight Leg Lifts | (1min) |
| 5. Mummies | (1min) |
| 6. Bicycle Crunches | (1min) |

ABS "B"

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|----------------------------|--------------|
| 1. "V" Sits – Runners | (30sec) |
| 2. Supermans | (1min) |
| 3. "V"Sits - Flutter Kicks | (30sec) |
| 4. Reverse Plank | (1min) |
| 5. "V"Sits - Scissor Kicks | (30sec) |
| 6. Bent-Arm Side Plank | (45sec each) |
| 7. Side-winder Sit-Ups | (1min) |

FORM DRILLS

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|---------------------------------|--------------|
| 1. "A"Walks | (30sec) |
| 2. "A" Skips | (1min) |
| 3. Bound Ups (Uphill) | (1min 30sec) |
| 4. Pacers "A" | (1min) |
| (High Knees 180 step per min) | |
| 5. Pacers "B" | (1min) |
| (Butt Kickers 180 step per min) | |
| 6. Ground Runners | (1min) |
| (Arm Swings 180 per min) | |

GENERAL STRENGTH

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|--|--------------|
| 1. Forward Lunges (Alternating) | (1min 30sec) |
| 2. Single Leg Bridges (Left, then Right) | (45sec each) |
| 3. Straight Leg Clams (Left, then Right) | (45sec each) |
| 4. Calf Raises (Left, the Right) | (45sec each) |
| 5. Hip Dips (Left, the Right) | (45sec each) |

MASSAGE / FOAM ROLLER

Massage the arch deeply focusing on areas of tightness. A golf ball can be a great tool for massage. Frozen water bottle can provide massage and icing at the same time.

ICING

Ice the arch for 7-10min. Avoid having ice directly touch the skin.

If any of the exercises listed cause an increase in your pain, stop immediately and talk to your coach before continuing.

SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with Plantar Fasciitis:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Plantar Fascia stretch	8 x 10 sec	10 x 10 sec	12 x 10 sec
2. Toe Raises (left, then right)	30 sec each	45 sec each	60 sec each
3. Calf Stretches (bent, then straight)	2 x 30 sec	3 x 30 sec	3 x 30 sec
4. Towel curls with Towel	90-120sec		
5. Doming (L,R)	30 sec	45 sec	60 sec