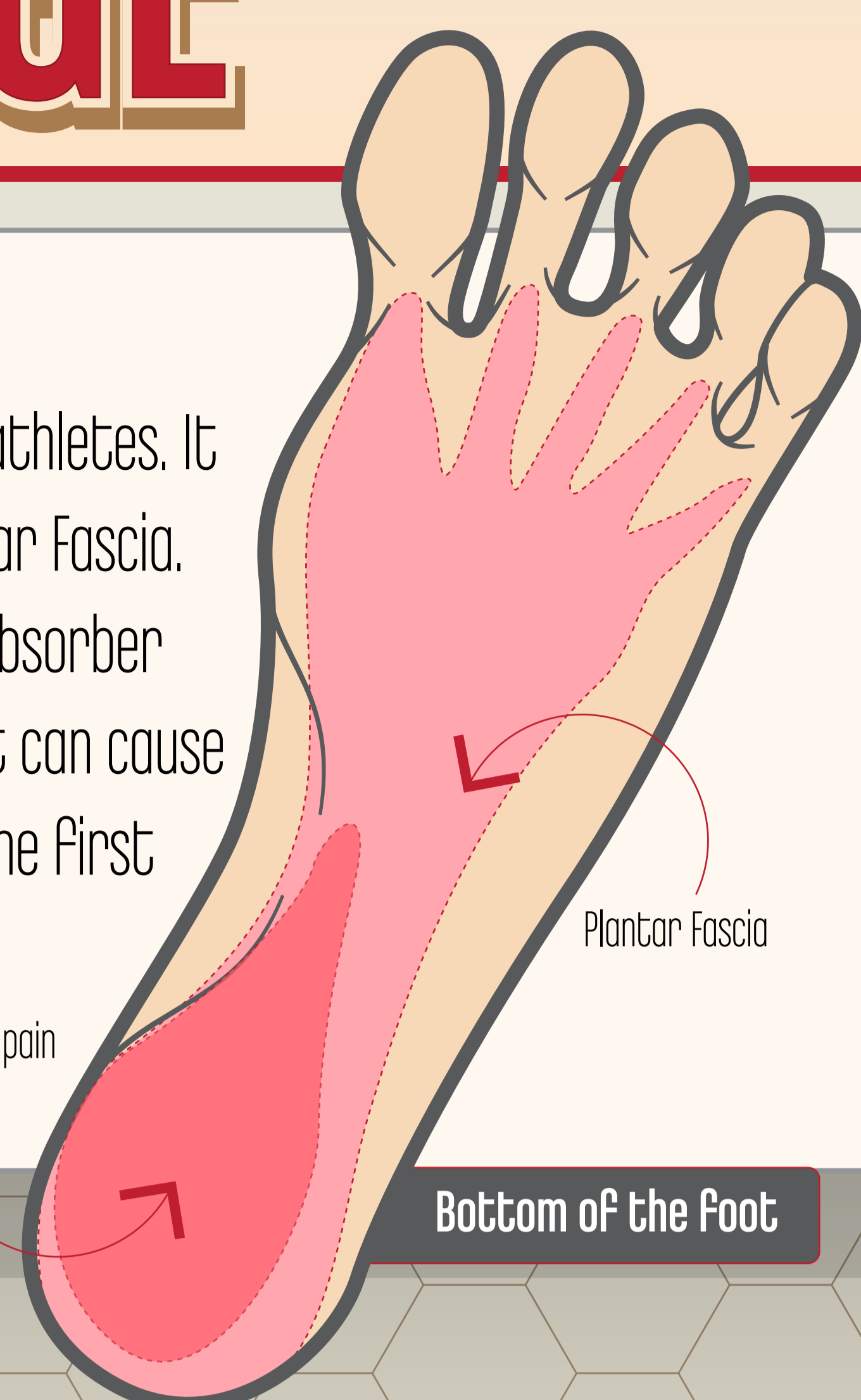


Plantar Fasciitis SPORT MASSAGE



Plantar Fasciitis is a common cause of **heel pain** for athletes. It is caused by straining a ligament under the foot called the Plantar Fascia. The Plantar Fascia supports the foot arch and acts like a shock absorber that absorbs the impact on each step. Overworking this ligament can cause tiny rips and tears on its tissue resulting to a stabbing pain on the first number of steps after a long foot rest.



MASSAGE THERAPY

Using your thumbs, gently knead gently around the where the pain would be felt with gentle pressure to help the blood circulate through the damaged tissues.



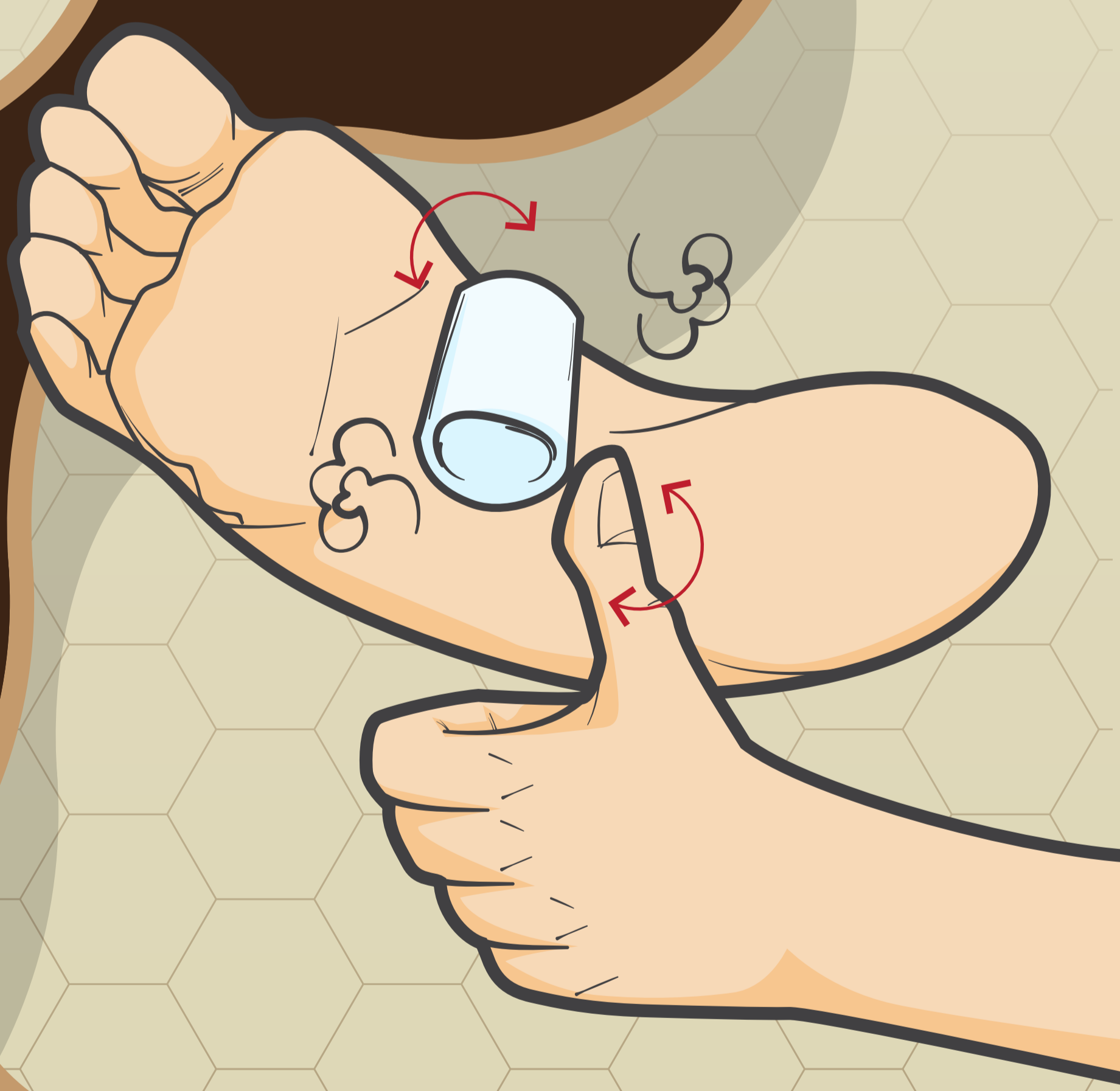
Do the same procedure on the your lower calf muscles making your way down slowly through the achilles tendon down to your heel to loosen up stressed muscles and to further circulate more blood to the damaged areas.

Slowly move your toes to make invisible circles to loosen up your ankles. Then slightly and slowly raise your toes up and down to stretch the Plantar Fascia to make it more pliable.

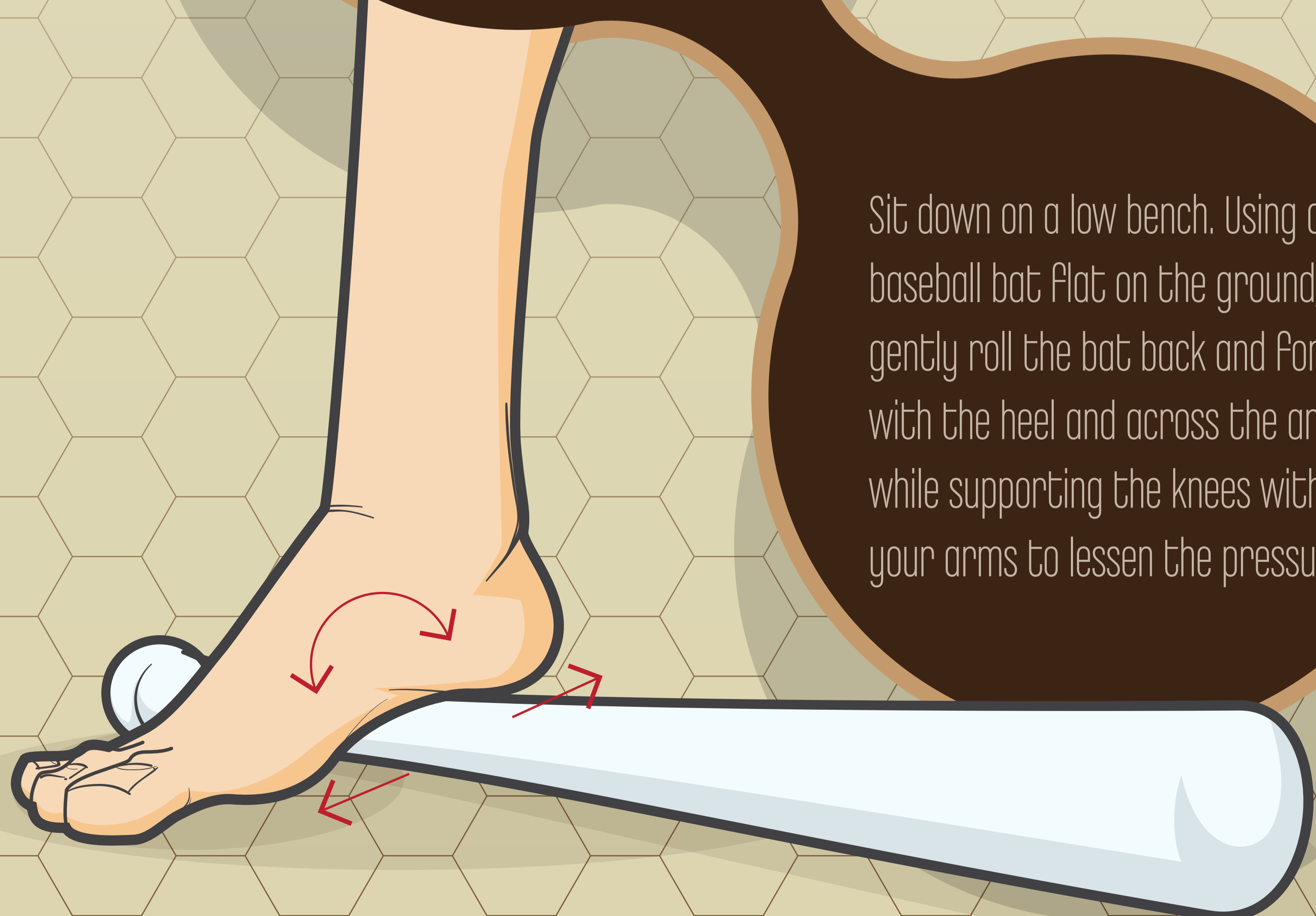


Repeat the entire process several times and relax the foot for a period of time.

For extreme pains, gently roll **tubed ice** around the affected areas while doing the same procedure. The cold temperature should help lessen the pain while doing the massage.



Sit down on a low bench. Using a baseball bat flat on the ground, gently roll the bat back and forth with the heel and across the arch while supporting the knees with your arms to lessen the pressure.



SOURCE:
https://boss squash.com/blog/plantar_Fasciitis/

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