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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Plantar Fasciitis - Reason Behind The Harrowing Heel Pain

By Sharon Hopkins

Plantar Fascia is the tight band of muscle placed beneath the arch of the foot. It is the connecting tissue which holds the arch foot and extends to the forefoot. This inflammation of plantar fascia is the main cause of pain for plantar fasciitis. It is known as one of the most common reasons for heel pain and very commonly known as heel spur. Excessive stretching of plantar fascia causes the heel pain, arch pain and heel spurs.

Causes of Plantar Fasciitis

- The increasing age makes plantar fasciia it less flexible and is devoid of stretching causing the pain
- Being overweight adds extra pressure on the foot
- Wearing the wrong footwear
- Exerting your feet through sudden inclusion of exercises in your daily routine
- Being flat–feet
- The foot with a high arch
- If you are suffering from diabetes
- Passing most part of the day standing

Symptoms of Plantar Fasciitis

- Pain in the heel while taking first few steps in the morning
- Increasing physical activity leads to further pain

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There are no Home Remedies on Planatar Fasciitis but you can use basic home care measures to prevent it and cure it.

Self–Care Measures

- Having an ice massage to the bottom of the foot once you start feeling the pain
- Taking up new sporting activities like swimming or bicycling other than running or jumping
- Avoid wearing shoes which look good but are not comfortable
- Wear Shoes with soft insoles which would keep your feet from overexertion
- You can also tape the area for soothing the tense areas
- Ample amount of rest
- Try losing weight so your feet bares less pressure

Stretching Exercises

Stretching is the best way to deal with this problem and here are some of the most common stretches to prevent plantar fasciitis –

First step for this exercise is to lean forward against a wall by keeping on knee straight and the heel on the ground. The other knee is bent and your face is trying to touch the wall. This stretches the heel cord and the foot arch. Remain in this position for 10 seconds, relax and come back to your position. You can repeat this 20 times for each foot.

Use cold–juice–can to roll your arch over it, the cold minimizes the inflammation and the massaging loosens the tense tissues

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins is the webmaster for home remedies sites similar to

<http://www.home-remedies-for-you.com>

. The site provides knowledge about home remedies and

natural cure. Plantar fasciitis is the common cause for your uncomfortable heel pain to be cured by simple stretching exercises.

Suffering From Heel Pain?

By Darry J.Oswald

Achilles Tendonitis Painful Heels, is also known as Achilles tendonitis. This condition causes pain at the back of the heel where the Achilles tendon attaches to the heel. Achilles tendonitis causes pain on the bottom of the heel when putting weight on the foot. Based on the condition and the chronic nature of the disease, heel surgery can provide relief of pain and restore mobility in many cases. Arch supports such as insoles treat the underlying cause of the heel pain and prevent future occurrences of the condition.

Plantar Fasciitis Plantar fasciitis is another form of Heel Pain, otherwise known as heel pain syndrome, often presents a very chronic, extremely painful and stubborn condition to resolve. Plantar heel pain is a common painful condition where placebo effects have been shown to exist. The study did not include chronic heel pain sufferers who had received other treatments for their condition. In other words, heel pain is a warning sign that a person has a condition that deserves attention. This condition usually causes pain and tenderness in the back and bottom of the heel when walking, and the heel is painful when touched.

Recurrence of heel pain may be a sign of the initially diagnosed condition, or it may indicate a different problem. The most common type of heel pain is due to a condition called plantar fasciitis, or Achilles Tendonitis. Ignoring heel pain can cause a mild case to become a long-term and debilitating condition.

Treatment Traditional treatment for heel pain begins with modifying activity. There has been ongoing research to determine whether magnetic insoles provide greater subjective improvement for treatment of plantar heel pain compared with identical non magnetized insoles. As heel pain is basically a stress problem in the tissues of the heel, the main treatment is to reduce stress. We recommend seeking professional advice for heel pain and any foot problem before embarking on any form of self treatment or management.

Many things can slow down your active lifestyle, but heel pain can definitely bring it to a stop. Come Find out More about Heel Pain at

<http://HeelPain.eabout.info>



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