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**R E S T Need Not Be a Four Letter Word for Runners with Plantar Fasciitis**

**By Daniel Marein-Efron**

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**Marein-Efron**

When a runner is diagnosed with plantar fasciitis, often the first thing they hear is that they need to rest and stop running. Though this advice may work for someone whose plantar fasciitis is being caused by obesity, it puts the runner in an awkward situation. Runners often ignore the medical advice and "run through it" which ends up lengthening the time they suffer from the condition. Furthermore, this problem is compounded by the fact that studies have shown that the longer you wait to treat plantar fasciitis the harder it is to solve the problem.

"Healthcare professionals must take into consideration the importance of the daily run to the mental and physical wellbeing of the person." says Daniel Marein-Efrón, founder of Heeling Solutions (heelingsolutions.com) a new company using videos to educate people about conservative treatments for plantar fasciitis. "I need my daily exercise high to keep me focused and full of energy, so stopping my running completely was not a possibility when I was diagnosed with plantar fasciitis."

"With 5-10% of all running injuries being caused by plantar fasciitis it is very important that runners get the appropriate information to help them get better and keep them sane at the same time," says Mr. Marein-Efrón. "Our videos offer runners in-depth information on the treatments for plantar fasciitis, which enables them to customize a treatment regiment with the help of their doctor. The Heeling Solutions R.E.S.C.U.E.Ô program also includes a special section for runners in addition to a second video that has a strengthening and stretching program that will help prevent the recurrence of plantar fasciitis."

Because of the unique issues confronting runners with plantar fasciitis many specialists are now recommending what has been termed "active rest." This idea has arisen after careful consideration of the most common causes of plantar fasciitis in runners:

- Sudden changes in activity level. For example, increasing mileage while training for a marathon
- Wearing shoes that may appear to be in good shape, but have actually lost their shock absorbing

abilities

- Running on high impact surfaces such as concrete
- Having tight hamstring and calf muscles
- Having high or low arches

Many specialists now recommend that runners switch to running in a pool or traditional swimming to maintain fitness, while at the same time reducing the amount of stress put on the plantar fascia. This active rest can also involve other activities such as biking, though it is recommended that runners first stop experiencing pain before switching to biking.

For those that just can't stop running they can try reducing their mileage by 90% and slowly working back up over a period of weeks and months as long as the condition is improving and there is no pain. If pain increases, the pool is the best option.

For more information, go to [www.aafp.org](http://www.aafp.org), [www.heelingsolutions.com](http://www.heelingsolutions.com), [www.apma.org](http://www.apma.org)

Daniel Marein–Efron is a former plantar fasciitis sufferer and President of Heeling Solutions LLC [www.heelingsolutions.com](http://www.heelingsolutions.com) . Mr. Marein–Efron has been involved with a variety of entrepreneurial business through his consulting company DMEX Consulting LLC

## **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

## R E S T Need Not Be a Four Letter Word for Runners with Plantar Fasciitis

- 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

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

. 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.



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