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Plantar fasciitis

Very common in middle-aged people. It also occurs in younger people who are on their feet a lot, like athletes. It can happen in one foot or both feet.

Plantar fasciitis is inflammation of the thick tissue on the bottom of the foot. This tissue is called the plantar fascia. It connects the heel bone to the toes and creates the arch of the foot.



Causes, incidence and risk factors

Plantar fasciitis occurs when the thick band of tissue on the bottom of the foot is overstretched or overused. This can be painful and make walking more difficult.

You are more likely to get plantar fasciitis if you have:

- Foot arch problems flat feet and high arches
- Long-distance running, especially running downhill or on uneven surfaces
- Sudden weight gain or obesity
- Tight Achilles tendon (the tendon connecting the calf muscles to the heel)
- Shoes with poor arch support or soft soles

Plantar fasciitis is seen in both men and women. However, it most often affects active men ages 40 - 70. It is one of the most common orthopedic complaints relating to the foot.

Plantar fasciitis is commonly thought of as being caused by a heel spur, but research has found that this is not the case. On x-ray, heel spurs are seen in people with and without plantar fasciitis.

Symptoms

The most common complaint is pain and stiffness in the bottom of the heel. The heel pain may be dull or sharp. The bottom of the foot may also ache or burn.

The pain is usually worse:

- In the morning when you take your first steps
- After standing or sitting for a while
- When climbing stairs
- After intense activity

The pain may develop slowly over time, or suddenly after intense activity.



Treatment

Massage Therapy

Therapeutic massage can target and help by relaxing and lengthening the muscles of the calves, the calcaneal tendon, as well as directly working on the plantar fascia and muscles of the underside of the foot. This work can be very deep, but highly beneficial because through it, we can help to re-educate your legs and feet to retain their relaxed states. Dramatic improvement in three to four weeks, as the feet and legs receive detailed attention. Pain can be reduced and eliminated with a combination of self-care and massage

Stretching

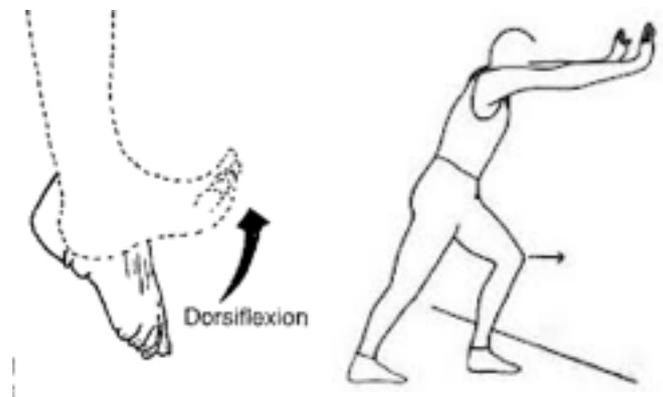
There are stretches that can reduce the pain of plantar fasciitis. You should do this stretching when you first wake up in the morning, and that is dorsiflex your ankles. Dorsiflexion is the action performed by your shin muscles (tibialis anterior) – bring the dorsal (top) surface of your foot toward your knee.

Second stretching is to stand against a wall a bit like you are trying to push over a wall then stretch the calf muscle below the knee down the bottom leg with one legged fixed and the other leg bent at the knee. These stretching will stretch the achilles tendon and calf muscles (soleus and gastrocnemius muscles) and take some tension off of the plantar fascia, and it will help mitigate the pain of the first morning steps.

Other possible treatment

- Give your feet a rest. Cut back on activities that make your foot hurt. Try not to walk or run on hard surfaces.
- To reduce pain and swelling, try putting ice on your heel. Or take an over-the-counter pain reliever like ibuprofen, naproxen or aspirin.
- Get a new pair of shoes. Pick shoes with good arch support and a cushioned sole. Or try heel cups or shoe inserts (orthotics). Use them in both shoes, even if only one foot hurts.

Making sure your ankle, achilles tendon, and calf muscles are flexible can help prevent plantar fasciitis.



We consume on average a whopping 6,000-7,000 calories over the course of a traditional Christmas Day, that's **4** times of a woman's daily recommended intake and more than **3** times of a man's.

It is no wonder that on average people gain about 5lb over the festive season. It takes just 3,500 extra calories to put on 1lb in weight and with all those little 'treats' it is easily done. The main course alone can add up to 1,000 calories.

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Below is a christmas food table giving you an idea of what will you be consuming during this festive period and ways of preparation and cooking that can reduce your calories intake. Be wise in your food & drink choices, enjoy a great time with friends and family, but also remember to stay active during the holiday!!

Food item	Nutrients	Healthier options
Turkey	Great source of lean protein, iron, zinc, selenium and B vitamins	Eat a 100g serving, without skin (104 calories, 2g fat). Removing the skin saves you 40 calories and over half the fat per serving. Light meat has fewer calories but darker meat contains more iron
Sausages, meat stuffing and bacon	Very high in calorie , salt and fat One rasher of bacon contains up to 6g fat and 90 calories Add a serving of stuffing with gravy and you're eating over 320 calories and 20g fat	Swap the sausage meat for a nut and fruit based stuffing to save up to 90 calories per serving
Roast potatoes	Great source of potassium and B vitamins Don't drench them in oil or you'll end up stuffing down 149kcal and 4.5g fat.	Boil or bake and save 40 calories per serving. Alternatively par boil then use an olive oil spray before roasting
Brussels sprouts and other vegetable	Full of folate, vitamin C and fibre	Cover your plate with a rainbow selection of steamed veggies and boost your antioxidant intake
Christmas pudding	A typical serving will set you back over 300 calories and 11g fat A dollop of brandy butter and you are talking serious calories – over 450 and 20g fat	Use low fat custard or zero percent fat Greek yoghurt and save over 120 calories per serving
Handful of mixed nuts	Rich in monounsaturated and essential fats, vitamins and minerals 28g contains 174 calories	Go for unsalted and unsweetened option
Red wine or mulled wine	Rich in heart protective antioxidants, particularly resveratrol. Adding cinnamon to your mulled wine can help stabilize blood sugar levels; one glass contains 122 calories. The highest content of antioxidants are found in pinot noir varieties.	Men should not regularly drink more than 3-4 units of alcohol a day. Women should not regularly drink more than 2-3 units a day



Our dearest ANA clients and friends...



Holiday Greetings & Best Wishes for a New Year of Happiness in a world of peace



Many love from Wallace & the ANA Team

