



Plantar Fasciitis and Heel Spurs

By Victoria L Magown

We are continuing our investigation of different pathologies that have a Myofascial component. And yes, foot pain, Plantar Fasciitis and Heel Spurs, all have a Myofascial Pain component.

Remember when you did not have foot pain, many years ago? You could walk forever, dance all night, play your favorite sport all day and wear high heels, all without foot pain. *Yes, it is possible again!*

Myofascial Pain is cumulative. So as you live longer, your body experiences ongoing trauma and postural distortions. An example would be, you step on a nail with your right heel when you are 12 years old. So, you do not put weight on the right heel for a month while it heals.

Then, when you are 25 years old, you jump off a wall and your right foot lands on a stone, badly bruising the arch of your foot. So again, you do not put weight on the right heel and arch for about 6 weeks.

During both these instances, you put weight on the ball of the foot as you walk with your heel lifted. This keeps your calf muscles contracted as they hold your heel up. Also, the arch of your foot is shorten and contracted, as if you were “on toe”, doing ballet.

Now, when you sit down at your computer, the brain tells the right foot to keep the heel lifted in its “happy position”. So subconsciously, you put your right heel on the leg of the chair to support it and keep it that way for hours. Now your calf muscles are really shortened and contracted and so are the muscles and fascia in the arch of your right foot.

You stand up and experience severe right foot pain and are not sure how you will be able to walk the rest of the day. When you finally go to bed that night, you have right calf and foot cramps that wake you from a sound sleep.

After X-rays of your right foot show there is “nothing wrong”, your doctor tells you to use ice packs and elevate the foot. But the pain continues. What is going on?

As you can see from the picture, many muscles are contributing to your right foot pain. **Illustration A** is the Gastrocnemius and can refer pain to the arch of the foot. **Illustration B** is the Soleus and it refers pain into the heel. Deep to the Gastrocnemius and Soleus is the Posterior Tibialis (**Illustration C**) and can refer severe pain to the Achilles Tendon and foot. And last but not least is the Plantar Quadratus muscle under the Plantar Fascia which gives you “Plantar Fasciitis” – inflammation of the fascia.

At MyoRehab, all our Certified Manual Trigger Point Therapists know that the pain in your right foot is not all in your foot. They have been trained not only in Integrated Manual Trigger Point Therapy – treating the fascia, muscles and joints – but they also have training in the use of Frequency Specific Microcurrent and the MicroLight 830 Cold Laser. These can be used separately or in conjunction with the manual therapy to decrease inflammation and swelling.

Bone Spurs: A bone spur happens when the Plantar Quadratus

muscle and the overlying fascia are so contracted and shortened they are being pulled away from the heel bone (calcaneus). Additional bone is added to keep the muscle and fascia on the bone which then makes a point – a bone spur.

Theoretically, once we release the tension from the Plantar Quadratus muscle and overlying fascia, the bone spur maybe re-absorbed, though it will take time.

Want to dance all night again or play your favorite sport or just go for a nice long walk without foot pain? We can help you become pain free and live a more active life.

MyoRehab Has Answers

Give us a call 505-872-3100 and set up an appointment. Find out how the MyoRehab “Team Approach” can work for you.

