

Massage Treatment Plantar Fasciitis

Acute

Treatment focus is 30 minutes relaxation massage including deep diaphragmatic breathing

- start prone
- ice to affected fascia
- treat compensatory structures
- sacral lymphatic drainage if edema is present
- effleurage and petrissage on
 - low back
 - gluteals
 - lateral rotators
 - proximal leg
- Trigger points in the proximal muscles that refer into the feet are treated with muscle stripping and gentle ischemic compressions – gastroc, soleus, tib post and flexor digitorum longus can all refer pain into the plantar surface of the foot
 - stroking and gentle muscle squeezing are used on the foot
 - treatment in the supine position includes lymphatic drainage , rhythmic techniques and proximal Swedish work similar to the prone position

Chronic

Start prone

- Deep moist heat before stretching the fascia of gastroc and soleus. A contrast application is used after treatment to increase local circulation.

- Treat compensatory structures – low back, gluteals and thighs with Swedish techniques in the acute stage

- Fascial techniques to treat the shortened gastroc and soleus include skin rolling, crossed hands spreading and fingertip spreading. Connective tissue cutting and longitudinal fingertip spreading as well

- Effleurage and petrissage are used on the shortened, hypertonic gastroc, soleus and flexor digitorum longus. Treat trigger points in these muscles as well

- PIR or passive stretching is used on gastroc and soleus

-Thumb kneading on the intrinsic muscles of the foot

-Trigger points in abductor hallicus longus, flexor digitorum brevis and abductor digiti minimi

- Cross fiber frictioning on the adhesions in the plantar fascia, particularly near the calcaneal attachments

- Frictions are also used on the achilles tendon

- Repetitive effleurage on the leg and foot

Client turned supine

- Anterior thigh and leg are treated with Swedish techniques.

- Further work to gastroc may be performed. Gastroc and soleus may be stretched again

- Treatment is finished with treatment to the entire limb