

Your Free Checklist for Running with Plantar Fasciitis

There are many simple, and some complex, things that you can do to deal with plantar fasciitis and running. Below you will find a simple checklist for those wanting to re-enter the realm of running with plantar fasciitis in their lives.

BEFORE YOU START RUNNING

[] - Get the right shoes

The right running shoes should not only give you enough range from your ankle down, but be rigid enough on the sole area to support your needs in the arch of your foot. You might also benefit from extra padding on the sole, custom insoles or even over-the-counter options.

[] - Start a stretching routine

If you start a stretching routine that include physically rubbing your calves and shins, you will see less tension during your training.

[] - Less weight means less pain

If you can, before your running routine begins, you should focus on weight loss. The less force that comes down on your feet, the less force, stretching and pain you will see.



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WHEN YOU ARE TRAINING

[] - Focus on not pronating your feet with each step.

Extra pain will be felt if you are not stepping correctly when you walk, run, hike or otherwise. Unfortunately, this means that in your pre-workout, the workout itself and after, you must be more focused on what you are doing than someone without plantar fasciitis.

[] - Stay level and flat

The more level and flat surface that you train on, the less likely you are going to see injuries or even basic pains.

[] - Stay away from sand!

Sand is not your friend. While it might seem softer, and would seem like it absorbs more impact, it can actually lead to more pain and injuries while training. Instead, focus on pavement and dirt surfaces while wearing the correct footwear.



POST-TRAINING MAINTENANCE

[] - Rest after a workout to recover

Resting after a workout is very important. However, 'how' you rest is more important than the fact you are actually resting. Remember RICE (Rest Ice Compress Elevation)

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[] - Ice is your friend

One big tip I can give is to fill up a 20oz water bottle or pop bottle with water and freeze it. The stretch that you get, with the solid feel and cold temp will help to break down that inflammation and ease the pain.

[] - You might need nighttime support

The main reason why plantar fasciitis sufferers hurt so bad in the morning (sometimes enough to almost fall over or fall down), is simple. During sleep, your feet might stay pointed out, thereby making more tension in your foot. By using a nighttime splint, or a night brace, you can keep your foot in the right shape.

[] - Anti-inflammatories might be needed

When your training flares up your plantar fasciitis, do not be hesitant to take something to alleviate the inflammation. Make sure that you eat something before taking these, and that they are prescribed by your physician; not just 'borrowed' from someone you trust.

I hope you find use in this checklist. If you have any questions or concerns, contact me at support@plantandrun.com today. You should also contact your physician or orthopedist to get the best information possible.