

Plantar Fasciitis:

Fast Fix Your Own Foot!

(Ron Jones, MS, ACSM Health Fitness Specialist, Corporate Wellcoach)



Having tried, or at least investigated, over 25 different strategies for treating my plantar fasciitis, I have isolated three primary methods that have the greatest potential to fix your foot in the least amount of time. All three can be done at home on your own with the help of two simple therapy tools that combined will cost under \$75.00. The two with the MOST benefit are the **FootLog** and **The Stick**. *I probably have the best "self-fix" protocol you'll find for plantar fasciitis—and the cheapest! Minutes per week and a few bucks—or hundreds to thousands and years of pain...you decide. In Foot Fitness! --Coach RJ*



www.footlog.com

FootLog: *Behold! The Holy Grail of Foot Fixes!* A \$25 dollar solution to my chronic pain that has allowed me to get back my active lifestyle. It's a simple device invented by a San Diego podiatrist. The *FootLog* is filled with small rubber bumps in the shape of a pencil eraser. True story...I had a very hard projection on my right heel from the *plantar fasciitis*. I thought it was an actual heel spur or calcium deposit that would eventually have to be surgically removed. *Within two days of using the Foot Log, the hard bump causing so much pinpoint pain on my heel was essentially GONE!* Amazing! \$25 bucks, two days, and dramatic improvement in what I thought was the end of my normal walking days. The *FootLog* is now mandatory equipment for Coach RJ! *The FootLog is also used for diabetic foot conditions although I cannot testify to its diabetic benefits—only to the benefits for plantar fasciitis.*

How To Use the FootLog

1. Roll foot from toes to heel starting with **light pressure** increasing to medium pressure for about 10-15 seconds. **(Make sure to **roll feet separately** if both feet need therapy.)*
 2. Begin rolling mid foot arch with **medium to hard pressure**. Spend more time at base of heel where *plantar fascia* starts to attach to heel.
 3. Roll heel at a various angles and pressures but **mostly with hard pressure**...Grind it! The more I work the FootLog into my heel, the better I feel the next day. I will also hold and press right into the tender spot on bottom dead center of my heel. I let the pinpoint spot on my heel sink into the FootLog then VERY carefully adjust my heel to hit the spot in as many different angles and positions possible.
- *The directions given in the FootLog book didn't work, so I came up with my own method. I do the above for less than two minutes per day. This is what works for me. You might want to experiment with various times and pressures that better suit your foot and current condition.*

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The Stick: Many times *plantar fasciitis* can actually be caused by tightness on the back of the calf muscle in the area of the soleus muscle. Using trigger point release, one can alleviate the plantar pain. I use *The Stick* massage tool for the trigger points on my rear calf area. For calves, the short 17" stick is just fine. Use about 5-7 lbs. of light to medium pressure and roll back and forth over about 6-8" surrounding the sore "trigger point" areas. For me, it was "originally" on the inside belly of the calf muscle. When I fixed the inside rear calf trigger point, the trigger point then seemed to be on the outside rear calf. ***Please note--if you roll The Stick over an area of your calf that hurts like hell, you have a trigger point!*** Healthy tissue without a trigger point will not hurt when using *The Stick*--but unhealthy tissue locked up by a trigger point will hurt--A LOT! Pain is good in this case because now you know you're onto a root cause fix that can significantly help relieve the plantar fascia pain located below your calf. My plantar fasciitis pain significantly improved within a couple of days after using *The Stick*.



Plantar Fascia Stretch: This is a new stretching protocol. It reminds me of some yoga foot positions, but unlike a 1.5-hour yoga class, the stretch study showed significantly better improvement in just a couple of minutes per day. Perform this stretch first thing in the morning before getting out of bed. Flex the foot towards shin as much as possible then "pull" the toes back even further, hold ten seconds, release, rub heel a few seconds, and then repeat. Do the above cycle ten times holding each stretch a full ten seconds. It helped my foot a little bit—not a lot—but there was enough improvement for me to pass it along.

*The above information is only a "condensed" summary of my Plantar Fasciitis "Fast Foot Fix" information. For more details, go to: www.ronjones.org/Coach&Train/BodyExerciseLibrary/SpecialConditions/PlantarFasciitis.html

* Ron Jones (1.2.09)

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