

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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March Madness Reminds Us About the Risks for Plantar Fasciitis

As we watch college basketball this month, we may decide to hit the court to relive our glory days. While getting exercise is a great idea for your health, if you haven't played basketball in awhile or even if you have and you're over 40 you may be putting yourself at risk for plantar fasciitis or worse. Take Gonzaga forward Killian Tillie for example; he ended up the season with a torn plantar fascia.

March Madness is a good reminder about the risks for [plantar fasciitis](#).

They are playing high impact sports and running, a BMI or body mass index over 30 kg/m², pronated foot posture, tight calf muscles, and being an older athlete (over 40) (see other side).

Green Pea Pesto Penne with Shrimp

Celebrate St. Patrick's Day with a delicious, healthy, green pasta dish.

- 1 12 oz box penne pasta
- 1 tbsp olive oil
- 1 lb frozen shrimp defrosted (about 40 shrimp)
- 1/2 cup sundried tomatoes sliced
- 1 yellow pepper sliced

Green Pea Pesto

- 2 cups peas
- 1 cup packed basil leaves
- 6 cloves garlic
- 1 cup grated parmesan cheese
- 1/3 cup olive oil
- 1 tbsp lemon juice
- 1/2 cup chicken or vegetable stock
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

1. In food processor, combine all ingredients for pesto, using a spatula if necessary to scrape down sides until blended. Alternatively, you could do this in a high power blender or in batches in a Magic Bullet.
2. Meanwhile, cook pasta according to package directions and prepare veggies and shrimp. Drain pasta and set aside.
3. In a large skillet, heat olive oil on med-high heat. Add shrimp and peppers, sautéing for 2-3 min. Add sundried tomatoes, cooked pasta and pea pesto. Toss until combined, and cook for 5 min until mixture is heated through.
4. Serve and enjoy!



Keep in mind that any combination of these risks can lead to plantar fasciitis. The more risk you have the greater your chance for developing this condition.

Let's take a look at each one of these risks and how they add up.

Playing High Impact Sports and Running

Plantar fasciitis is common in basketball players and runners due to the force generated on the foot and plantar fascia when participating in these sports. If you play basketball or run, add +1 to your risk for plantar fasciitis.

BMI Over 30 kg/m²

For every extra pound of weight, seven pounds of force is placed on the foot when playing sports. College basketball and professional players tend to be very big people with a lot of excess weight even if that weight is muscle. For weekend warriors who are carrying excess weight over 30 kg/m² the risks can be even greater since many are older and not in great physical shape. However, keep in mind a BMI in excess of 25 kg/m² can also place you at greater risk for heel pain. If you have a BMI over 30 kg/m², Add +1 to your risk for plantar fasciitis.

Pronated Foot Structure

You may have been born with flat feet or have developed a low arch as you've gotten older. Either way you're very likely to have a foot that pronates or falls inward when you walk, run, or play basketball. People with a low or flat foot that pronates are more likely to put strain on their plantar fascia and develop plantar fasciitis. If you have flat feet or a lower arch, add +1 to your risk for plantar fasciitis.

Tight Calf Muscles

You may be blessed with a flexible body and loose calf muscles. But for many people who play sports tight calf muscles can result from participating in that sport. And unfortunately tight calf muscles also play a role in the development of plantar fasciitis. If you have tight calf muscles, add +1 to your risk for plantar fasciitis.

Age

If you're over 40, your body is not going to bounce back like it used to in your 20s and 30s. People over 40 are more likely to get plantar fasciitis. If you're over 40, add +1 to your risk for plantar fasciitis.

While not all of these risks are equivalent, the more of them you have the greater the chance for developing plantar fasciitis.

Here's how to reduce your risk for this common problem:

- Purchase shoes after every 500 miles of use—worn out shoes cannot provide the same level of stability.
- Get your feet measured—as adults our feet often get bigger as we age, so in addition to having your kids foot measured you should get your feet measured as well.
- Buy the right shoe for the activity —high tops have been the shoe of choice for many years in pro leagues, but more recently basketball trainers are advocating a lower cut shoe that strengthens the ankle, forcing the muscle to stabilize the joint. Taping your ankles can also help with stability. Purchase running shoes if you're a runner, tennis shoes for tennis, and so forth.
- Be sure to warm up before you start hitting the court or running. Jogging in place and doing some calf stretches will help. If you're a runner, it's best to use dynamic warm-ups.
- If you have very tight calf muscles you'll need to use a special device to stretch for a sustained period of time.
- If you have flat feet or low arches and pronate it's important to wear an insert or orthotic.
- For some people wearing an OTC insert will be enough to keep plantar fasciitis at bay, however, if OTC inserts aren't working for you you'll probably need a custom orthotic.

If you're still experiencing heel pain after trying these tips, call our office at 206-368-7000 to make an appointment.