

Plantar Fasciitis: Self-Help Therapy Tools



Having tried, or at least investigated, over 25 different strategies for treating my plantar fasciitis, I have isolated two fundamental and practical trigger point release tools that have the greatest potential to fix your foot in the least amount of time. Both can be done at home on your own with the combined cost under \$75.00 by using the **FootLog** and **The Stick**.



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. The FootLog is a simple yet effective device 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, but my application and directions pertain specifically to plantar fasciitis.*

How To Use the FootLog for Plantar Fasciitis

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**. 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 foot pressure directions recommended in the FootLog book seemed too soft for Plantar Fasciitis, so I came up with my own method with the help of my clients and athletes. I do the above for less than two minutes per day. This is what works for me and for my corporate clients. 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*.

For more on how to take care of your own feet with simple and effective methods and tools, please visit my foot website at www.RJFootFitness.com

I believe I offer the most practical "self-fix" protocol you'll find for plantar fasciitis. Minutes per week and a few bucks—or hundreds to thousands and years of pain...you decide.
In Foot Fitness,

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