

PLANTAR FASCIITIS: PREVENTION & PROTOCOL

Plantar fasciitis is a condition that brings many people to see a reflexologist. It is a very painful condition that afflicts thousands of people in America and is the most common cause of heel pain for which professional care is sought. In reality though, the condition affects far more than just the heel of the foot. As the name implies, the entire broad, inelastic band of fibrous tissue covering the plantar surface of the foot is involved.

People beg for relief from this condition. You can build an entire practice just working with people with plantar fasciitis! After taking this class, you will know:

- the numerous causes and pre-disposing factors of plantar fasciitis.
- how to assess the difference between plantar fasciitis and other commonly diagnosed foot conditions.
- how to create and implement a successful treatment plan, based on foot reflexology, to help your clients eliminate the pain and suffering of this condition.
- which "homework" procedures will best assist a client to heal from plantar fasciitis and prevent re-occurrence.
- the advantages and disadvantages of common medical interventions for plantar fasciitis.

Please bring a massage table, bottom sheet, pillow, shea or cocoa butter and a simple tub for soaking your feet.

NOTE: *Since this training requires advanced reflexology knowledge, the class is open only to certified foot reflexologists and/or those who have completed training in Thai foot reflexology.*

(approved by the Reflexology Association of Canada for 8 credits for the RCRT CEU Program)