

# HEEL PAIN

BY RACHEL DIXON





## DISCLAIMER

This is for informational purposes only. It is not meant to diagnose or treat. Please proceed at your own risk. NOTHING is meant to hurt. Stop and talk to your doctor if it does...

This class is based on the latest understanding of human anatomy and physiology and how the nervous system works with that. While the anatomy does not change- our UNDERSTANDING of the importance of fascia and its role and how the autonomic nervous system plays in with PAIN has been changing rapidly....

# WHO AM I

I am Rachel Dixon.

I am a Massage therapist, esthetician, postural alignment therapist, health coach and bodymind coach, with a LOT of certifications.

I help people feel better by getting to the root of their issues. In the 25+ years of practice, people's issues have changed. Massage used to "fix" most of the problems people came in for. With the increase in technology and shift in how much movement people got, what made them feel better- changed. It was what they did BETWEEN sessions that made the difference...





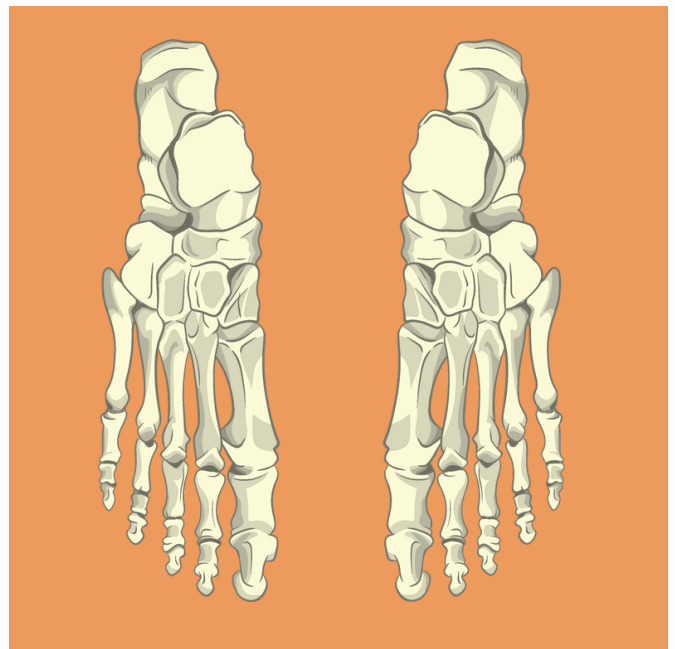
# THE ANATOMY

Rear Foot

Mid Foot

Fore Foot

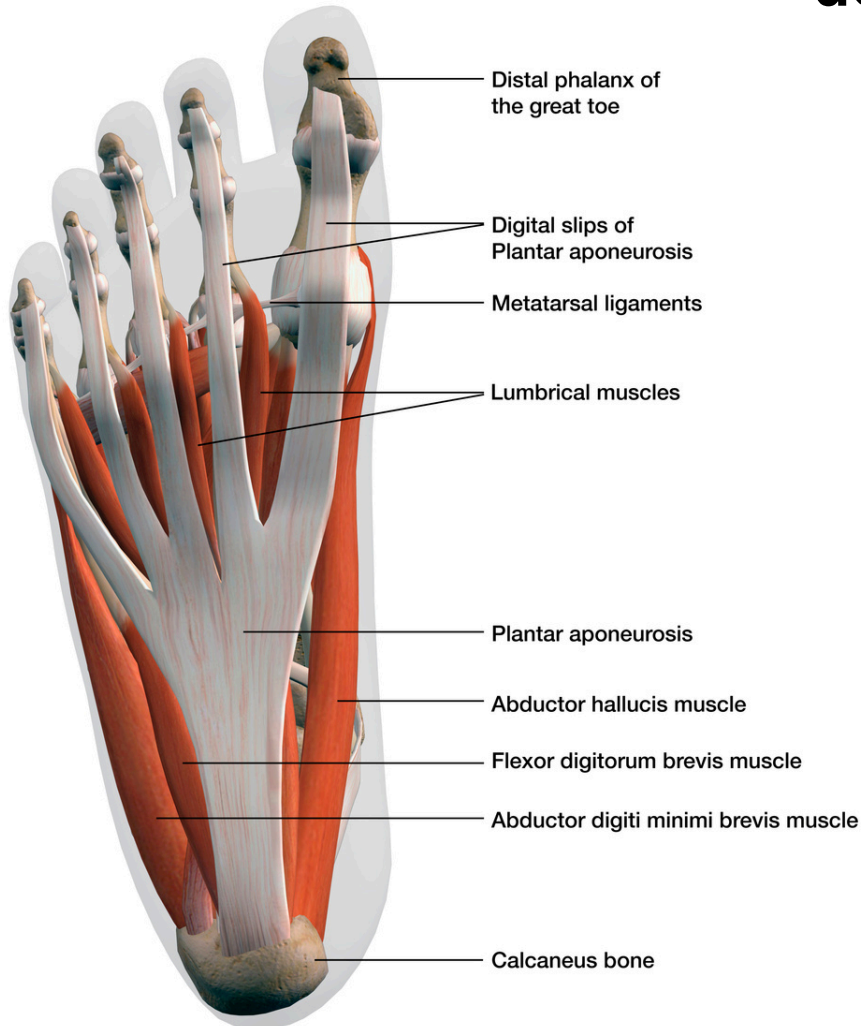
Their purposes and loading



Ligaments and Anatomy of the Foot,  
Plantar (Inferior) View of the Sole

# Plantar Tissue

## dense fascia



The fascia of the foot is VERY thick. It needs to remain flexible. If not, there can be inflammation and tension causing heel spurs, and pain.

**Responding to weight:** The plantar fascia loosens and tightens as the foot's weight-bearing forces change.

**Preventing collapse-** its the plantar tissue that prevents the arch of the foot from collapsing when weight is applied.

**Conserving Energy-** the plantar tissue acts like a spring to help conserve energy.



### **Safety with PRESSURE**

Not just for “does this hurt” but “is this safe for me to do”

If it hurts- Stop. Consider- is this an intense sensation or is this PAIN.

If you perceive its an intense sensation,

- move in more gently
- Consider using a softer tool.
- Move more slowly.
- Breathe into it.

And see if the sensation changes.

If it is causing PAIN- stop.

If the next day you feel “beat up”, take things more slowly and gently.

### **ALWAYS: Consider safety with BALANCE**

Your weight and balance should be in your standing leg- shifting pressure into the foot you are working with.

You can HOLD a CHAIR for balance. It should be on the standing leg side.

You can sit on a chair- but a higher chair (like a bar stool) is what is needed to shift that weight into the foot.

Unless this is a dome (that doesn't roll), only work with one foot at a time. Double domes are intense. Using one leg at a time and shifting weight in is less intense because you control the pressure.

# PUTTING OUT THE FIRE

The following steps should be taken to put out the fire- or done until 50% of the pain is gone.



## Increase foot Support

This looks like good shoes, ideally sneakers with arch support- inside and outside, from the moment you wake up. Maybe do ankle circles in bed.

## Minimize foot stress

- No Flip-flops or shoe you grip with like a mule
- Limited bare foot time
- Limit incline walking
- Be sure to load through ankle
- Consider a shorter stride

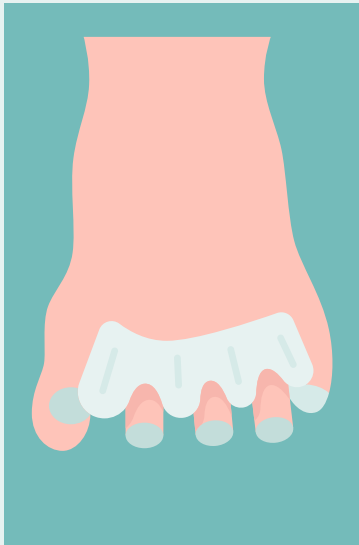
## Increase foot massage

- Stretch tissue with foot separators- 30min/day
- Gentle ball massage- avoid heel if uncomfortable
- Massage calf
- Gentle calf and plantar stretch
- Maybe massage along sacrum

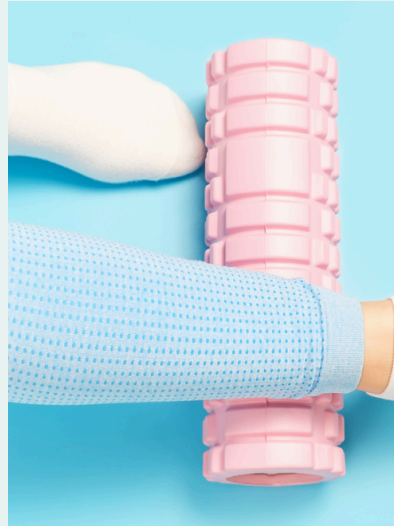
## Additional help

- Voltaren gel
- Salon Pas patches
- Foot supplements like systemic enzymes for fascia.

# Massage elements



Wear toe separators 30 min a day- stretches fascia out width wise



Calf massage using foam roller, balls or massage gun



Soft ball work into tissue-gently. Avoid pain at heel. Use larger ball to stretch into bones



Gentle calf stretch- and Big toe stretch to stretch fascia lengthwise





# Dr.Emily Splichal

Podiatrist and Human Movement Specialist  
Founder of the Evidence Based Fitness Academy  
Creator of the Barefoot Training Specialist  
Designed Naboso- neuro based texture for training proprioception

**\*\*After fire out, (minimum 2 weeks)  
work on foot  
stability/exercises\*\***



- Step 1 - Neuro Ball Release (Dome to pressure point release different areas)**
- Step 2 - Finding Neutral "set your base" (Are you balanced on the three points)**
- Step 3 - Forward Lean (Activates Short foot- which is arch system)**
- Step 4 - 10 second Balance (Activate pelvic floor, works on single leg balance)**
- Step 5 - Ball between heel- Lift- Activates the arch system which is the fascia**



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Holistic Health Practitioner

## **Any questions?**

Here is how you can work with me...

**A private session series in person**

**A consultation with homework to do at home**

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