

In this World Cup edition of Jubilee we take a look at Common Football Injuries and review a most troublesome heel pain that plagues not just our football elite—Plantar Fasciitis.



May 2014

[jubileesportsphysio.com.au](http://jubileesportsphysio.com.au)

## COMMON FOOTBALL INJURIES: A REVIEW

Having more knowledge of common football injuries is an important first step in preventing them.



### Common Football Injuries

Football is the world's most popular sport. There are over 240 million registered players worldwide, some 18,000 in our local association alone, and many more recreational football players. In a sport that can be contested so vigorously inherent risk of injury follows. What are the common injuries we see in football? And what can we do to manage them?

## DEALING WITH HEEL PAIN: PLANTAR FASCIITIS

Plantar Fasciitis is a painful condition resulting in symptoms of pain under the heel. It is most common in sports which involve running, dancing or jumping. At particular risk are runners and walkers who overpronate (excessive rolling in or flattening of the foot).

### Dealing With Heel Pain: Plantar Fasciitis

It is often caused by overuse of the plantar fascia or arch tendon of the foot. The plantar fascia is a broad, thick band of tissue that runs from under the heel bone to the front of the foot. The most common cause of plantar fasciitis is very tight calf muscles which leads to overpronation of the foot. This in turn produces repetitive overstretching of the plantar fascia leading to irritation and thickening of the tissue.



## SYDNEY FOOTBALL INJURY SPECIALISTS

We are specialists in football injury rehabilitation and are able to provide players with the highest standard of care and the quickest road to recovery. Each member of the team has a proven record of success in working with footballers from all levels of the game.



### Sydney Football Injury Specialists

The Sydney Football Injury Specialists is a collaboration of specialist doctors, health professionals and coaches with extensive experience and expertise in the diagnosis and management of all forms of football injuries. Through research, education and team associations, our practitioners have developed an understanding of the demands of football sports.