



## Case Study: Heel Pain (Plantar Fasciitis)

June 2018

This is Alex, she has received treatment with ZEM Sports Massage Therapy. Read about her experience with us and how she has doing since receiving treatment.



### **Tell us a bit about yourself & why you booked a sports massage?**

I enjoy running and playing netball on a weekly basis. Over time I started to develop discomfort in the base of my heel. The constant pain in my foot felt worse when exercising and I just could not shake it. After hearing about ZEM Sports Massage Therapy, I booked an appointment with Zoe where she identified the pain was Plantar Fasciitis.

### **Have you had any other treatments previously?**

I had been to the doctors which they advised that I rest. I also brought some insoles to try and ease the pressure on my foot. However, I felt I needed more

hands on treatment to speed up the process.

### **What treatment did you receive? How did you find it?**

As this was my first ever sports massage I was really apprehensive about what to expect. However, Zoe put me at ease right away and explained what the plan was and continuously throughout the appointment.

During the treatment, Zoe did a postural assessment for me and mainly treated my calves and feet with massage. At the time, I found the massage painful in certain areas.

**How did you feel post massage?**

Initially after the massage, my foot felt quite tender. However, after 24-48 hours of rest, the pain in the foot was no longer there and I was able to get back to playing netball and running regularly.

Since having this problem rectified, I haven't had any further issues or discomfort which is fantastic as it allows me to keep fit and be pain free!

**What advice/ guidance were you given?**

I was given exercises to stretch and strengthen my foot/arches and calves. I was also advised to rest my foot from any excessive exercise for 24-48 hours. I also rebooked 2-3 weeks after for a follow up.

**Has your injury/ discomfort has improved from sports massage treatments?**

I can't believe how quickly the pain disappeared! I would definitely recommend to a friend or family member!

**Alex was experiencing tension in the base of her heel. During the treatment, we paid close attention to the muscles on the base of the foot and calves. Within the first few treatments, Alex's discomfort was no longer an issue. The aftercare advice for Alex was to continue to stretch and strengthen the calves and foot.**

**If you are experiencing similar pain or discomfort, please contact ZEM Sports Therapy on 07532003950 or [ZEMSport@outlook.com](mailto:ZEMSport@outlook.com).**