THE PERFORMANCE EDIT

FROM THE GROUND UP

THE FOOT COMPANY

WHY *HEEL PAIN* MAY BE COSTING YOU YOUR DISTANCE

How plantar fasciopathy can affect your walking, balance and golf swing.





That first step out of bed in the morning, or after a few holes of golf, shouldn't feel like stepping on a knife. If it does, plantar fasciopathy could be the reason your stride feels shorter and your swing less powerful.

Often called plantar fasciitis, it's a condition affecting the thick band of tissue that supports the arch of your foot. Despite its common name, it isn't usually an inflammatory condition but involves changes to the tissue in response to repeated loading.

Increased activity, reduced calf strength, limited ankle mobility and changes in training load can all contribute to the problem. The result is often sharp, stabbing pain through the heel or arch, particularly with those first steps in the morning or after walking the course.

When heel pain sets in, your walking pattern, balance and ability to push off can all be affected. This can influence weight transfer and movement through your golf swing, potentially impacting power and consistency.







THE FOOT COMPANY

solevo PHYSIOTHERAPY

HOW TO MANAGE YOUR HEEL PAIN

- **Calf & Plantar Fascia Stretching:** Gentle calf stretches and plantar fascia-specific stretches can help manage stiffness and discomfort, particularly first thing in the morning.
- **Foot & Calf Strength:** Exercises such as calf raises and short-foot exercises help build strength and improve the foot's ability to tolerate load.
- **Load Management:** Temporarily adjusting walking distances, training loads and time on the course can help settle symptoms while maintaining activity where possible.
- **Manual Therapy:** Hands-on treatment targeting the calf and foot may help improve comfort and mobility as part of a broader rehabilitation program.

WHEN SHOULD YOU SEEK HELP?

If heel pain is lingering, returning regularly or starting to affect your walking, exercise or golf, it's worth having it assessed by a physiotherapist.

Don't let heel pain keep you off the course. Our physio team can help you manage your symptoms, rebuild strength and get back to playing comfortably.