



# Resolving Plantar Fasciitis - A Roadmap to Success

*Brian James Abelson, Kamali Thara Abelson*

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===== Have you been suffering due to excruciating pain in the bottom of your foot? Are you missing out on your active-living lifestyle because of the pain? This easy-to-read book helps you to understand the true causes of Plantar Fasciitis, its impact on the other structures of your body (your kinetic chain), and provides simple, non-invasive, and effective tools for eliminating your problem. Unlike most programs which focus on just your feet, you will learn to look at your body as a dynamic web of interconnected links - the Kinetic Web. You may discover that your Plantar Fasciitis case is caused by injuries and restrictions in other, distant parts of your body. You will learn how to find these problem areas, and then truly resolve your Plantar Fasciitis for the long-term by building your own unique, individualized routine of myofascial releases, stretches, and strengthening exercises to address your specific issues. So get back to your active, pain-free lifestyle, and get rid of that pain in the bottom of your feet. ===== In This Book ===== Here is a quick overview of just the top level headings in our Table of Contents. \_\_\_\_\_ Table of Contents Chapter 1: About Plantar Fasciitis Symptoms of Plantar Fasciitis Plantar Fasciitis...What Does it Mean? Causes of Plantar Fasciitis? What is Needed to Resolve Plantar Fasciitis? THE 80/20 Effect Chapter 2: Plantar Fasciitis and the Kinetic Web Injuries Impacting Kinetic Chain Workings of the Plantar Fascia Plantar Fascia's Windlass Mechanism Fascia & Kinetic Web A Kinetic Chain Example Chapter 3: The Anatomy Behind Plantar Fasciitis About Your Anatomy and PF The Soft-Tissues of the Feet Role of: -Foot Bones -Shins & Calves -Leg Muscles -Adductor Group -Hip Flexors -Gluteals -Core Nerve Compression Sites Chapter 4: Understanding Our Process-The 80 /20 Effect What is the Scientific Method (Trial and Error)? The 80 /20 Effect Chapter 5: Phase 1: Foundational Protocol for Plantar Fasciitis Your Healing Process Checking for Red Flags Phase 1: Addressing Local Issues Foundational Stretching Routine Foundational Myofascial Release Routine Foundational Strengthening Routine Chapter 6: Phase 2: Finding Problems in Your Kinetic Chain About the Self-Evaluation Process Recording your Functional Test Results Functional Tests for: -Joint Mobility -Legs and Hips -Functionality -Optional Tests Chapter 7: Phase 2: Addressing Problems in the PF Kinetic Chain Start with a Condensed Foundational Protocol Addressing Kinetic Chain Issues for PF Build Your Kinetic Chain Routine for PF Chapter 8: Why Exercise is Essential The Importance of -Stretching & Myofascial Release -Strengthening Exercises -Nerve Flossing Exercises - Aerobic Warm-ups -Involving Your Core Chapter 9: Stretching & Myofascial Release Exercises for PF Scheduling Your Workout The Foundational Foot Flexibility and Myofascial Release Protocols Shin Flexibility and Myofascial Release Routine Calf Flexibility and Myofascial Release Routine Stretching the Hip Flexors Increasing Joint Mobility Nerve Flossing for Plantar Fasciitis Chapter 10: Strengthening Exercises for PF Foundational Strengthening Routine for PF Lower Extremity Strengthening Exercises Hip Strengthening Exercises Core Stabilization Exercises And MUCH MORE!

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