

Reflexology can help relieve some of the pain associated with plantar fasciitis by using pressure point techniques to release tension in the feet and reduce inflammation.

By intently applying pressure and massaging these points, the tight bands of fascia will begin to loosen up. When the lower leg and foot are relaxed, circulation increases and the muscles are more flexible. Stretching the ligaments and Achilles tendon at this time will loosen up the fascia.

- Receiving reflexology sessions on a regular basis can help alleviate the pain and maintain its flexibility.

