



KATIE BRINDLE

Plantar Fasciitis Guide

Treatment techniques based in Chinese medicine



What is Plantar Fasciitis?

Plantar Fasciitis is an extremely painful condition affecting the heel and sole of the foot, running along the whole length, from the heel, underneath the arch, to the base of the toes. Symptoms can be exceedingly painful and debilitating, including:

- 1) Shooting or searing pain along the sole of the foot, or a tight, inflamed Achilles tendon
- 2) Pain under the heel, caused by calcium deposits which cause bone spurs The heel and sole feeling hot to the touch, tender, or with tingling, burning or pins and needles during the night
- 3) If the condition is severe or long term, you may develop associated symptoms such as ankle, knee, back or hip issues

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The Yang Sheng Techniques and Chinese Wisdom

From a Chinese Medicine perspective, Plantar Fasciitis is caused by a depletion in kidney energy, deficiency of blood and qi, and stagnation in the kidney and bladder channels, meaning that what qi the body does have is being retained by the key organs so that they can remain strong, but this comes at a cost to the extremities – hair, skin, fingers, feet – as energy is drawn away from those areas back into the centre of the body.

To learn more about specific techniques, understand how you can help your specific concerns, and gain a fuller knowledge of Chinese Medicine’s wisdom regarding Plantar Fasciitis, you can now book a 20-minute consultation with me via my website. There is a wealth of information in my book, “Yang Sheng – The Art of Chinese Self-Healing”.

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What can you do to help yourself

Gua Sha

Targeted gua sha using the Body Restorer, down the backs of the calves and over the Achilles tendon; around the ankle bone; across the underside of the foot – all over the sole and heel; and then over the top of the foot to draw energy to the area and clear stagnation. This is best done after a foot-bath

Tapping

Pay particular attention to the calves, around the ankles, and the soles of the feet. If you can, aim to tap quite firmly on the feet. Remember to tap the backs of the knees too, as this promotes blood flow to the feet.

[View the Tapping Guide](#)

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Strengthen the kidneys

Strengthen the Kidney energy – Look at why there may be imbalances and work towards rectifying them.

[Download the kidney Guide](#)

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Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com

Download Yang Sheng Book

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

Free self-care weekly content [@katiebrindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

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