



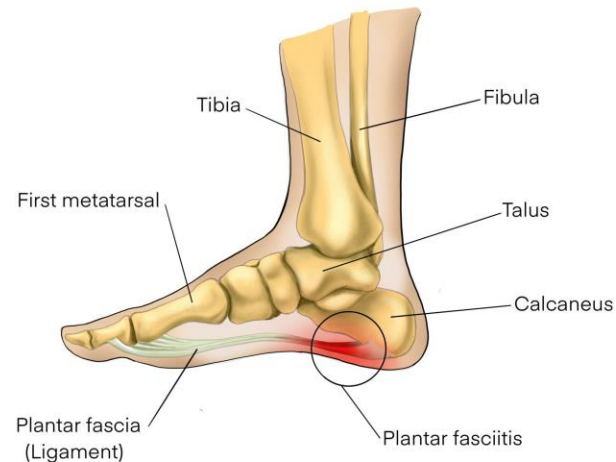
**Workshop**  
**plantar fasciitis & heel spurs**

walking<sup>+</sup> **together** worldwide

- Aims:

- ✓ Understanding what heel spurs and plantar fasciitis is
- ✓ Knowing why heels spurs and plantar fasciitis occurs
- ✓ Knowing why our products may help → sales argument
- ✓ Learning which additional exercises are helpful

- Definition plantar fasciitis:
  - Plantar fasciitis is an **inflammation** of the origin of the so-called plantar fascia (also called plantar tendon) on the heel bone.



- Definition heel spurs:
  - A heel spur is a bony growth that forms on the **heel bone (the calcaneus)**. A distinction is made between the plantar heel spur and the **dorsal (or cranial)** heel spur.



- Symptoms:
  - Start-up pain when taking the first steps after sleeping or after sitting for a long time
  - Burning pain
  - Pain when pulling up the toes and rolling the foot
  - Extreme stress, such as jumping, increases the pain

- Cause:

- ?

- ?

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- Cause:
  - Hard, flat soils
  - Wrong footwear
  - Lack of movement
  - Weakened foot muscles and foot malpositions

**Conclusion:** *The aforementioned causes lead to our musculoskeletal system losing strength, mobility and balancing ability, making it susceptible to incorrect and excessive strain*

- kybun Joya therapy:

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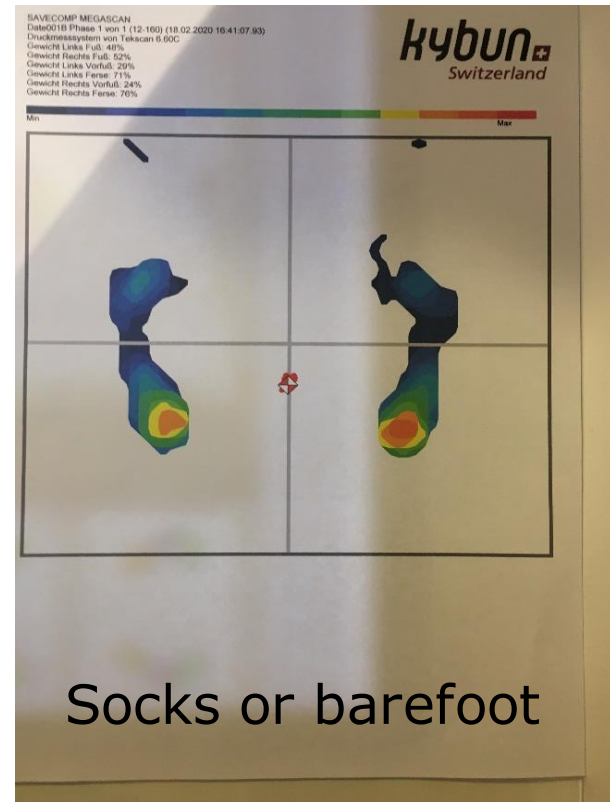
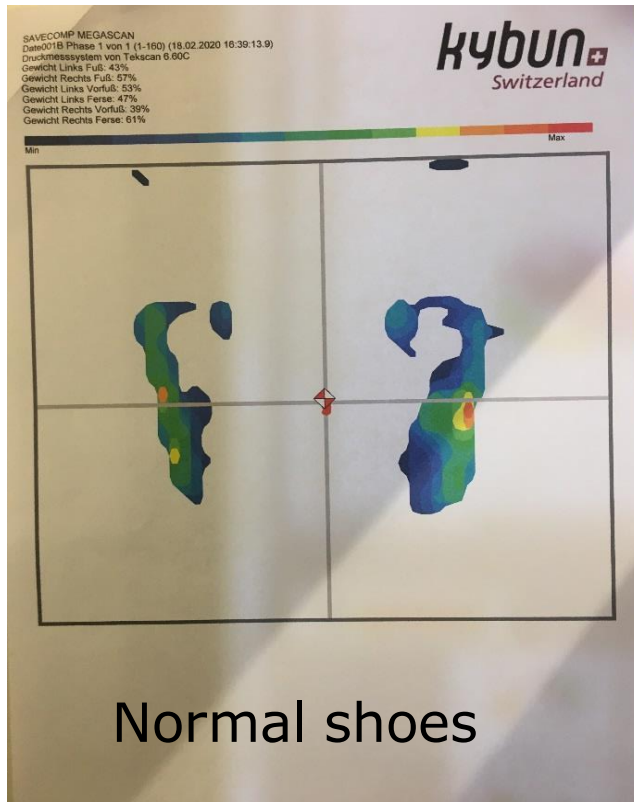
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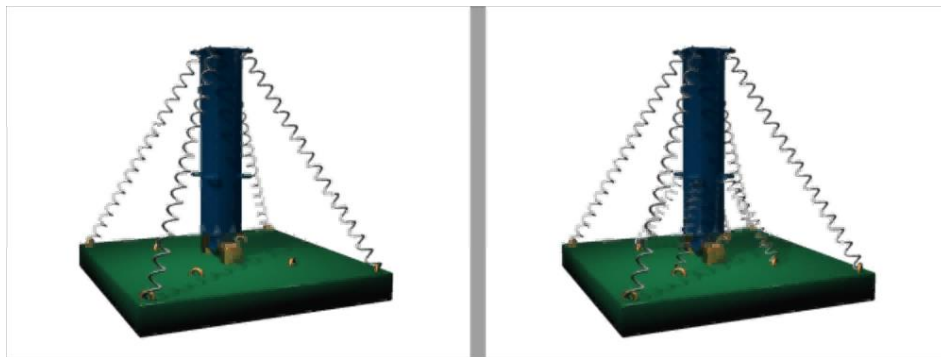
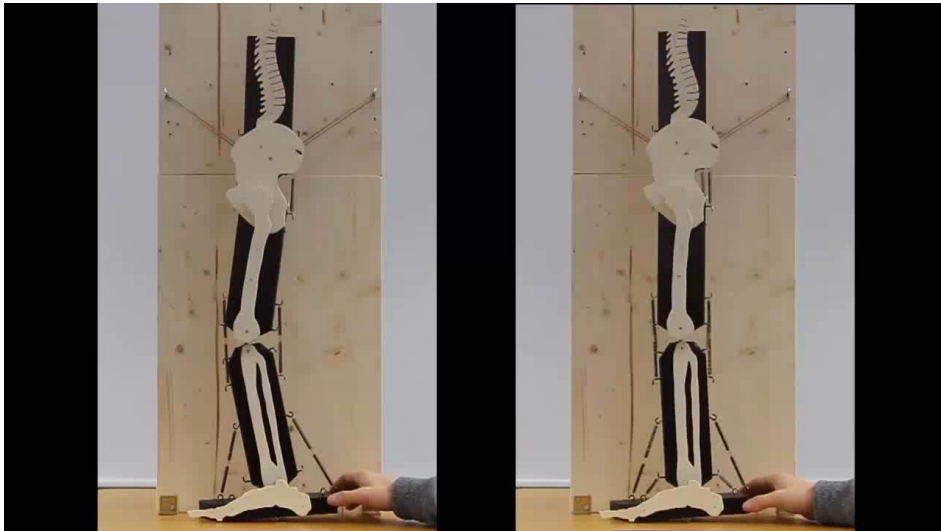
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- kybun Joya therapy:
  - Optimised pressure distribution



# Workshop – plantar fasciitis / heel spurs

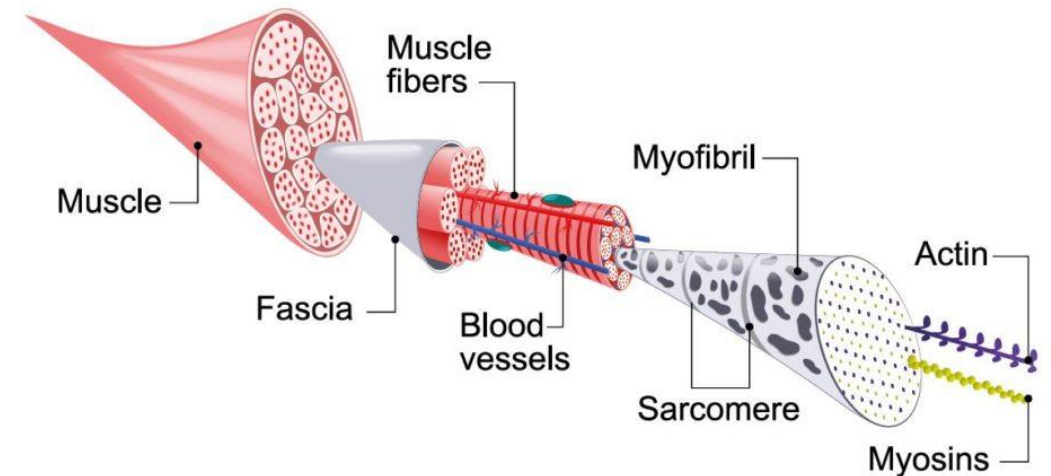
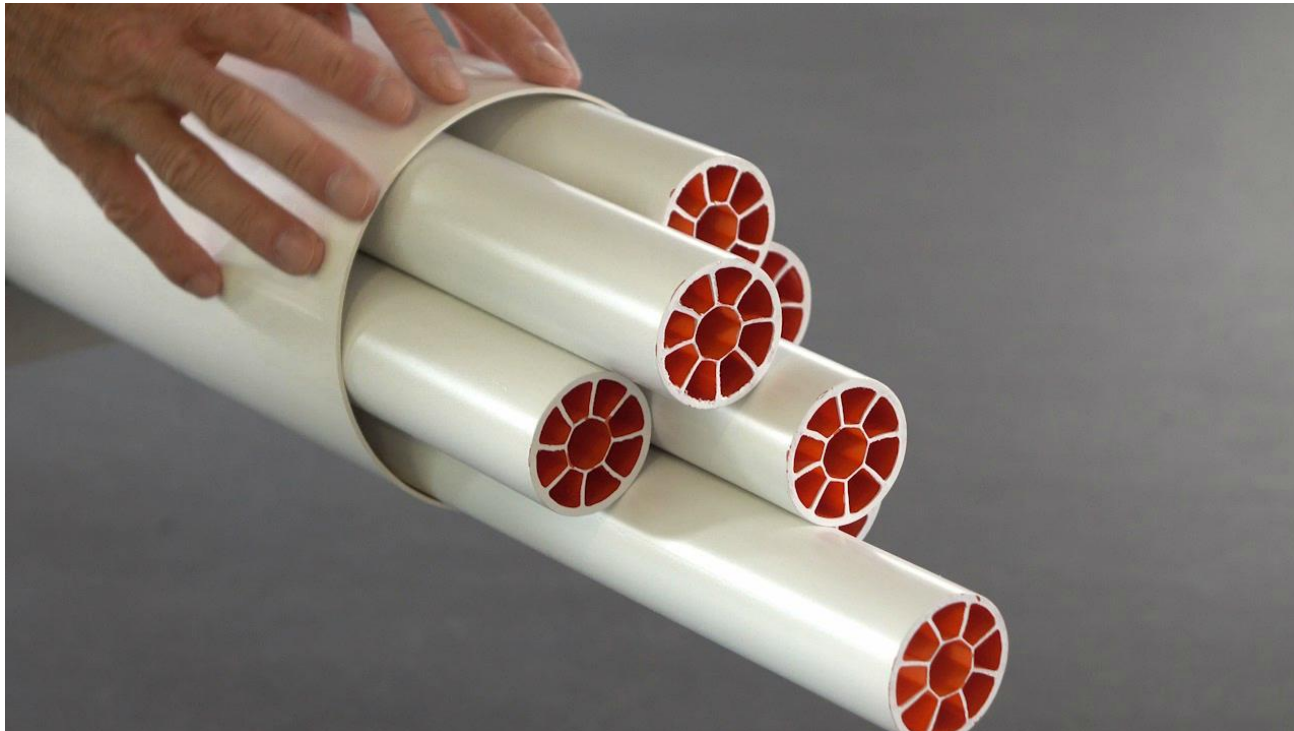


- Mobilisation and stretching of the plantar fascia
- Activation and strengthening of the feet
- Activation of a natural and physiological gait
- Reduction of harmful impacts



# Workshop – plantar fasciitis / heel spurs

- Care and protection of the fasciae
- Reprogramming of the gait pattern

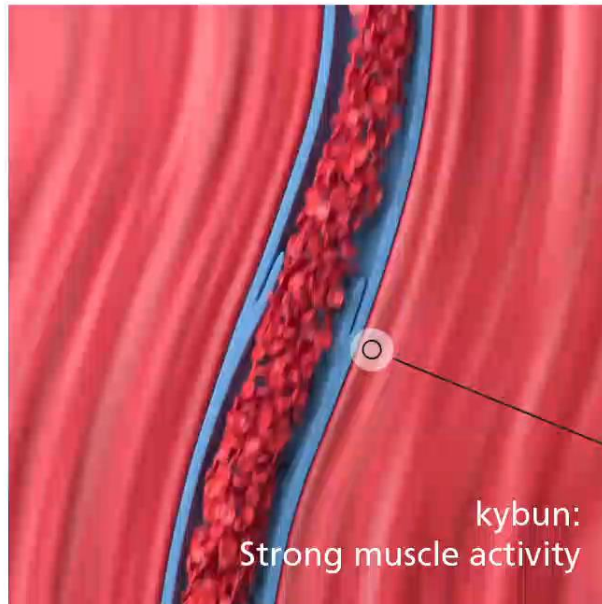


- Promotion of blood circulation - Venous destatement

## Vein activity with kybun

### + With kybun shoe / mat

- Good blood flow
- Relieves leg pressure



Overpressure on the venous valves  
**Causes varicose veins**

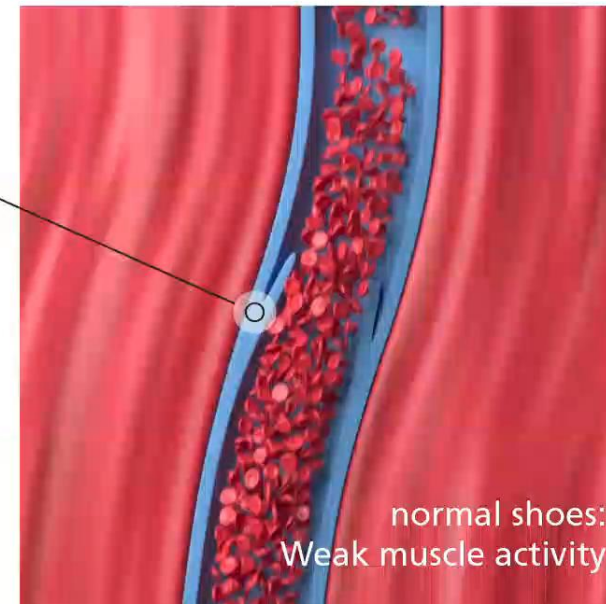
Relief of venous valves  
**Prevents varicose veins**

kybun:  
Strong muscle activity

## Vein activity with normal shoes

### - Without kybun shoe / mat

- Poor blood flow
- Heavy legs



normal shoes:  
Weak muscle activity

- Exercises
  - ✓ kybun Joya walking
  - ✓ Stretching
  - ✓ Fasciae rolling
  - ✓ Muscle strengthening

- Exercises – kybun Joya walking:
  - Controlled heel strike with muscle activation



- Prevent the foot to pronate and supine
- Prevent the midfoot and forefoot to fall down
- Reduce roll off with the forefoot

- Exercises – kybun Joya walking:
  - A controlled walking pattern
  - Less range of motion in the beginning

- Exercises – stretching → calf muscles
  - Aim: mobility around the ankle joint & reduce tension in the dorsal chain
  - Exercise 1:
    - 1-2 times a day
    - 3x 30 seconds on each side





- Exercises – stretching → calf and rear thigh muscles
  - Aim: mobility around the ankle joint & reduce tension in the dorsal chain
  - Exercise 2:
    - 3 times a day
    - 30 seconds



- Exercises – stretching → gluteal muscles & hips
  - Aim: mobility around the ankle joint & reduce tension in the dorsal chain
  - Exercise 3:
    - Hold 3 x 30 seconds exercise
    - Perform 1-2 x daily per side



- Exercises – fasciae rolling → foot sole
  - Aim: mobility around the ankle joint & reduce tension in the dorsal chain
  - Exercise 1:
    - 1-2 time a day
    - At least 20 seconds each foot



- Exercises – fasciae rolling → calf muscles
  - Aim: mobility around the ankle joint & reduce tension in the dorsal chain
  - Exercise 2:
    - At least 20-30 seconds per side
    - Perform 1-2 times daily



- Exercises – fasciae rolling → gluteal muscles & hips
  - Aim: mobility around the ankle joint & reduce tension in the dorsal chain
  - Exercise 3:
    - At least 20-30 seconds per side
    - Perform 1-2 times daily



- Exercises – Muscle strengthening → foot muscles
  - Aim: Get more stability in the ankle joint
  - Exercise 1:
    - 3 sets of 8-12 repetitions per foot
    - Perform 2-3 times a week



- Exercises – Muscle strengthening → kybun mat

- Aim: Get more stability in the ankle joint

- Exercise 2:

- 3 sets of 8-12 repetitions per side
- Perform 2-3 times a week
- To make it more difficult,  
perform the exercise with one leg.



# Workshop – plantar fasciitis / heel spurs







**Thank's for you attention!**

walking<sup>+</sup> **together** worldwide