

Treatment Plan for Plantar Fasciitis

1. ACTIVITY MODIFICATION-

- Discontinue all weight bearing exercise.
- Sit as much as possible.
- Give your foot a chance to heal.

2. SUPPORTIVE SHOES-

- Shoes should have a stiff sole with correct flex point, firm heel counters and laces (as opposed to slip ons, Velcro or buckles).
- Wear your supportive shoes at all times. Avoid barefoot walking.

3. ARCH SUPPORTS OR ORTHOTICS (CUSTOM MADE ARCH SUPPORTS)-

- Supporting the arch will rest the plantar fascia and control abnormal foot motion or mechanics.

4. STRETCH-

- Loss of flexibility is major cause of Plantar fasciitis.
- Stretch both the upper (gastrocnemius) and lower (soleus) calf muscles.

UPPER CALF

Step one foot a large step in front of the other with hand against the wall.
Feet parallel, pointing forward.
Heels flat on the ground.
Lean forward and feel the stretch in the calf muscles, hold for 30 seconds.
Alternate each leg with minimum 5 times each side.

LOWER CALF

Repeat the same positioning for upper calf, however flex (or bend) back knee and hold for 30 seconds.

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GASTROC STRETCH POSITION

SOLEUS STRETCH POSITION

5. **NIGHT SPLINT-**

-Use at night while sleeping or at home while resting.

6. **ICE-**

-Apply ice to bottom of heel directly over pain. We suggest freezing a 12 oz. water bottle.

7. **ANTI-INFLAMMATORY MEDICINE-**

-Follow over-the-counter dosage or as directed by the doctor.