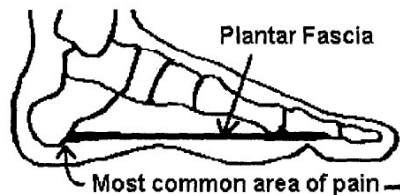


Plantar Fasciitis

Plantar fasciitis is a cause of pain under your heel. It usually goes away in time. Treatment may speed up recovery. Treatments include rest, good footwear, orthotics, anti-inflammatories and most importantly stretching exercises.

What is plantar fasciitis? Plantar fasciitis mean inflammation of your plantar fascia. Your plantar fascia is a strong band of tissue (like a ligament) that stretches from your heel to your toes. It supports the arch of your foot and also acts as a shock-absorber in your foot.

What causes plantar fasciitis? Repeated small injuries to the fascia (with or without inflammation) are thought to be the cause of plantar fasciitis. The injury is usually near to where the plantar fascia attaches to your heel bone.



Exercises

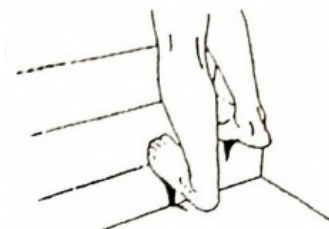
Seated Plantar Fascial Stretch

- Cross the affected leg over the other leg.
- Use the hand on the affected side to grasp the foot at the base of the toes.
- Pull the toes upward towards the shin until a stretch is felt in the arch of the foot.
- Palpate for a tight band with the opposite hand then massage side-to-side like a bow string
- Hold stretch for a count of 10 seconds.
- Perform the stretches 3 times.
- Repeat several times per day.
(Perform the first stretch before taking your first step in the morning)



Standing Plantar Fascial Stretch

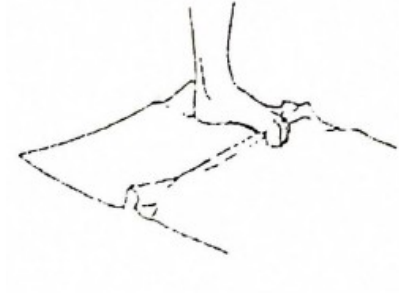
- Standing with ball of foot on stair, reach for bottom step with heel until stretch is felt
- Hold 30 seconds
- Relax
- Perform the stretches 3 times.
- Repeat several times per day.



*****Medial Gastrocnemius Stretch*****

- A. Stand facing a wall with your toes pointed in (pigeon toed)
- B. Lean towards the wall, pushing you pelvis forward, keep your knees straight
- C. You feel a stretch on the inside of your calf
- D. Hold stretch for a count of 10 seconds.
- E. Perform the stretches 3 times.
- F. Repeat several times per day.

Single



Leg Toe Curling

- A. With your foot resting on a towel, slowly bunch up towel as your toes curl making an arch with your foot
- B. Repeat 3-5 times
- C. Do twice a day

PLEASE KEEP IN MIND:

Key is frequent short duration stretching!!! (ie 10x/day, 30 secs each)

- » **Improvement typically takes 8 weeks or more.**
- » **Improvement was seen in more than 80% of patients with chronic plantar fasciitis in a randomized study.**

Disclaimer: These are general statements and may not apply specifically to your care. I may modify as needed for your individual care.